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By Mary KETTILBY.

A COLLECTION OF RECEIPTS IN COOKERY, PHYSICK *and* SURGERY.

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A

COLLECTION

Of above Three Hundred

RECEIPTS

IN

Cookery,

Phyſick *and* Surgery;

For the Uſe of all

Good Wives, Tender Mothers, and Careful Nurſes.

By ſeveral Hands.

The Second Edition.

To which is Added,

A Second PART, Containing a great Number of Excellent Receipts, for Preſerving and Conſerving of Sweet-Meats, *&c.*

LONDON, Printed for *Mary Kettilby*, and Sold by *Richard Wilkin*, at the *King's Head* in *St. Paul's Church-Yard*. MDCC XIX.

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THE PREFACE.

NOTHING can be more Self-evident, than that the Uſefulneſs, and conſequently the Value of Books of this kind, depend upon the Integrity and Care of the Writers, the Pains they take Themſelves, and the good Help and Aſſiſtance they can procure from Others. If any of theſe Requiſites be wanting, they muſt neceſſarily deceive the Reader; be deceived Themſelves, or at beſt, produce nothing but what's Mean and Trifling, and unworthy a Publick Reception. There is nothing ſo eaſie, as the

raiſing whole Regiments of Noſtrum's *and* Recipe's, *if we will but admit all the Voluntiers of this kind, as faſt as they croud in to be liſted; but theſe forward Ones are generally found to fail us in the Time of Trial; and the Succeſs of the Day moſt commonly to depend upon ſuch, as with great Trouble and Expence are preſs'd and dragg'd into the Service.*

As for myſelf, I have only to aſſure the Reader, That as the deſire of doing Good, was the ſole Motive that at firſt engaged me in this Work; ſo has that great Principle ever been too ſacred in my Eſteem, to ſuffer the leaſt mixture of Unfaithfulneſs or Careleſneſs throughout the whole Management and Compoſure of it: And farther to declare, That there has been no Spare either of Labour, or Time, or Money, in order to the making this

this Collection *the beſt, and moſt truly Profitable in its kind; and that the great Knowledge and long Experience of thoſe Excellent Perſons who contributed to its Production, have abundantly qualified them for ſetting the laſt Hand to ſuch a Work. To theſe therefore are due the greateſt Tribute of Praiſe, and higheſt Acknowledgments of Gratitude, who with a Noble Charity and Univerſal Benevolence have Expoſed to the World ſuch invaluable Secrets, as Others, of a leſs generous Temper, would have taken a Pride, and made almoſt a Merit, of Concealing.*

And here I freely own the greateſt ſhare of our Thanks to be juſtly owing to the Fair Sex; *who, whether it be from the greater Tenderneſs of their Natures, the greater Opportunities of Leiſure, or Advantages of acquiring Experience, or from whatever*

ever other Cauſe, are always found moſt Active and Induſtrious in this, as well as in all other kinds of Charity. Oh, Heavenly Charity! How often have I ſeen thee employ the Rich in waiting upon the Poor, and Miſtreſſes in Nurſing and becoming Hand-maids to their own Servants? How often have I ſeen thee make Perſons of the Higheſt Quality Kneel down to the Dreſſing of a Poor Man's Wound: Thoſe of the greateſt Niceneſs and Delicacy of Senſe, Viſit the Chambers of ſuch, whoſe Poverty and Offenſive Diſtempers have render'd them Nauſeous and Loathſome beyond expreſſion: And thoſe of Tender and Weakly Conſtitutions walk through Midnight-Froſts, to the Aſſiſtance of ſome Poor Neighbouring Woman in her Painful and Perilous Hour? And wonderful is the Succeſs with which Almighty God does often bleſs their Labours, (even in the Uſe of Plain and

Simple

Simple Means) *whose Hearts he first disposes to such Beneficial Undertakings. How earnestly is it to be wish'd that such Examples did more universally abound, and that all our fine Ladies would strive to adorn their Characters, by becoming* (*to use the Judicious Mr.* Bickerstaff's *Phrase*) Notable Women?

Nor can I *forbear recommending this Generous and Beneficial Practice to the Gentlemen of the* Clergy, *especially to those whose Parishes are remote from other Help. How soon would their superior Learning and Sagacity render them Masters of this Useful Art? How greatly would the Exercise of it endear them to their People? What Reverence and Esteem, and consequently, what Opportunities of doing Good in every other Way, would this procure them? And with what Power and Authority would*

their

their Divine Inſtructions enter into the Hearts of their Audience, when proceeding from the Mouth of ſuch a Benefactor, to whom, under God, perhaps moſt of them are beholden for their Health, their Limbs, or, it may be, their very Lives? This will be to imitate their Great Maſter, who went about doing Good, and Healing all thoſe who were Oppreſſed by the Devil, and who, where-ever He met a Patient, ſeldom fail'd of making a Convert.

I make no doubt, but the Learned Gentlemen of the Faculty will be too Generous to Miſ-conſtrue this ſmall Collection of Phyſical Receipts, (*deſign'd for the Service of thoſe who are neither within the Reach of their Viſits, nor in a Capacity of Gratifying their Trouble*) *as an Invaſion of their Province, or a Diſreſpect to their Perſons. I declare my ſelf ſo far from*

from intending either of these, that, on the contrary, I esteem it a great Happiness and Blessing to be able to have a ready and constant Recourse to their Assistance: And I am proud to own, that most of the following Prescriptions *came from the most Eminent Hands in that Profession. The rest are all Innocent and Safe; and both the one and the other Approved (not from single Instances of Success, but) from a long and repeated Experience.*

The Directions relating to Cookery *are Palatable, Useful, and Intelligible, which is more than can be said of any now Publick in that kind; some great Masters having given us Rules in that Art so strangely odd and fantastical, that 'tis hard to say, Whether the Reading has given more Sport and Diversion, or the Practice more Vexation and Chagrin, in spoiling us many*

many a good Dish, by following their Directions. But so it is, that a Poor Woman must be Laugh'd at, for only Sugaring a Mess of Beans; whilst a Great Name must be had in Admiration, for Contriving Relishes a thousand times more Distastful to the Palate, provided they are but at the same time more Expensive to the Purse.

I can assure you, that a Number of very Curious and Delicate Housewives Clubb'd to furnish out this Collection, for the Service of Young and Unexperienc'd Dames, who may from hence be Instructed in the Polite Management of their Kitchins, and the Art of Adorning their Tables with a Splendid Frugality. Nor do I despair but the Use of it may descend into a Lower Form, and teach Cook-maids at Country Inns to serve us up a very agreeable Meal, from such Provisions as are Plainest,

and

and always at hand; inſtead of Spoiling thoſe which are moſt Rare and Coſtly, and provoking the Company to paſs them away, in haſty Curſes, to the Place from whence the unlucky Proverb *ſuppoſes them to have come; and ſo quit ſcores with him that ſent them.*

The Wines *which you are here taught to Make, are certainly of the greateſt Perfection in their Kind; their Flavour and Taſte is Generous, and their Ingredients are Wholſome; and ſo lucky have their Authors been in their Imitation, that many very good Criticks have not only eſteem'd them the genuine Produce, but of the nobler Sorts too, of the Foreign Vintages.*

Thus much, I think, may ſuffice by way of Preface; *and leſs I could not poſſibly ſay with any tolerable Regard, either to the Merits of thoſe*

those worthy Persons to whom I am indebted, or the Interest of Those whom I am endeavouring to oblige, who, through Ignorance or Prejudice, might otherwise have depriv'd themselves of so very Useful and Beneficial an Undertaking.

A COL-

A

COLLECTION

OF

RECEIPTS

In *Cookery*, &c.

A Green-Peaſe-Soup, *without Meat.*

TAKE your Peaſe, and in ſhelling, ſeparate the Young from the Old, then boil the Old ones ſoft enough to ſtrain through a Cullender, then put the Liquor and what you ſtrained through together: With the Young Peaſe whole, add ſome whole Pepper, two or three Blades of Mace, and ſome Cloves. When the laſt Peaſe are near enough, take ſome Spinnage,

a little Mint, and a little Green Onion, not ſhred too ſmall, a little Faggot of Thyme and Sweet-marjoram; put theſe into a little Sauce-pan with near a Pound of Butter; and as they boil up, ſhake in ſome Flower to boil with it to the quantity of a Drudging-box full; then put a Loaf of French-Bread into the Broth to boil; mingle the Broth and Herbs together: When you have ſeaſon'd it to your Taſte for Salt, add ſome ſmall white Toaſts neatly cut, and the Young Peaſe.

A very good Soup.

TAKE a Shin of Beef, a Crag of Mutton or Veal, and a bit of very good Bacon, and half a pound of Rice, ſet them on the Fire in as much Water as you think will boil them to Rags; keep it cover'd all the while: When all the Goodneſs of the Meat is out, ſtrain it off, and put to it ſome whole Pepper, ſome Cloves, Mace and Salt, to your Taſte. You may put Soup-Herbs, or a quarter of a pound of plumpt Rice or Verma-jelly; boil a French-Loaf, or two or three Pigeons, for the middle; put in with the Spice, a little Faggot of Thyme, Savory, and Marjoram: This makes an incomparable Peaſe-Soup, if you put in a Quart of Peaſe with the Meat at firſt, inſtead of Rice.

A very good Peaſe-Soup.

PUT three or four pound of lean coarſe Beef, with three pints of Peaſe, into two Gallons of Water; let it boil 'till the Meat is all to Rags; and half an Hour before you ſtrain it out, put in two or three Anchovies; then ſtrain it from the Husks and Meat, and put into the Sauce-pan as much as you want for that Meal, with an Onion ſtuck with Cloves, a Race of Ginger bruiſed, a little Faggot of Thyme, Savory, and Parſly, and a little Pepper: Let it boil thus near half an hour; ſtir in a piece of Butter, and fry ſome Forc'd-Meat-Balls, Bacon, and French-Bread cut in Dice, with Spinnage boiled green, to put to it in the Diſh.

To make Craw-fiſh *or* Prawn-Soup.

TAKE ſix Whitings, one large Eel, with half a Thorn-back, clean them as to boil, and put them into a Pot with as much Water as will cover them; ſcum them clean, and put in whole Pepper, Mace, Ginger, Thyme, Parſly, and an Onion ſtuck with Cloves, with a little Salt, ſo let them boil to maſh; then take fifty Craw-fiſh, or, if they cannot be got, take an hundred Prawns, take out the Tails, and pick out the Bag,

and all the Woolly parts that are about the Body; put all into a Sauce-pan, with Water and Vinegar, Lemon, Salt, and a Bunch of Sweet-Herbs; let them ſtew over a gentle Fire till ready to boil; then take out the Tails and ſave them carefully, but beat all the other Shells in the little Liquor they were ſtewed in, which, with a French-Roll, you muſt beat 'till the Shells are extremely fine: When you have waſhed all the Goodneſs out with their own Liquor, pour the other Fiſh-Liquor through the Shells, and ſtrain all from the Fiſh and Grit; then have a large Carp ready ſtewed, and lay it in the Middle of the Diſh; add the Body of a Lobſter to the Soup, with ſome ſtrong Gravy, and burnt Butter; heat the Tails of the Craw-fiſh in the Soup, and pour all over the Carp.

Peaſe-Soup *for* Lent, *or any Faſting-Day.*

PUT a Quart of good breaking Peaſe to three Quarts of Water, and boil them 'till they are tender; then take out ſome of the clear Liquor, and ſtrain the Peaſe as clean as you can from the Husks: Take ſome Butter and boil it, and when it breaks in the middle, put to it an Onion and ſome Mint cut very ſmall, Spinnage and Sorrel, and a little Sallery cut large; ſtir it often, and let

it

it boil about a quarter of an Hour; then ſhake in ſome Flower with one Hand, and ſome of your thin Liquor with the other; then put in the thick ſtrained Liquor ſome Pepper, Mace, and Salt, and boil it an Hour longer; then put into as much as will make a large Diſh, one pint of ſweet thick Cream; put a French-Roll criſpt, and dipt in Milk, in the middle of the Diſh.

To make a Meat-Soup, *very good.*

TAKE a Piece of coarſe Neck-Beef, a Crag of Mutton, and a Knuckle of Veal; boil all theſe to Rags, with Salt, and Onion, and whole Pepper: When there is no more Goodneſs left in the Meat, ſtrain the Liquor into a Stew-pan, and ſet it over the Fire; put into it Cloves and Mace, and a little Lemon-peel; let it boil a little, then put in a pint of ſtrong Claret, three or four Anchovies, with Gravy ſqueez'd out of a lean piece of Beef fry'd for that purpoſe: Put in Ox-Palates cut in Dice, let them be firſt boil'd very tender, Veal-Sweetbreads boil'd, Lettice, Endive, Spinnage, or what Herbs you pleaſe, boil'd green; then take French-Bread, cut it thin, and toaſt it; lay your Palates, Sweet breads and Herbs over all the Toaſts: Have a Fowl boil'd, and the Breaſt ſtuft with Forc'd-meat, and lay in the middle of the Diſh; pour the Soup over all.

To Collar Beef, *a very good way.*

TAKE a piece of Flank-Beef, cut it ſquare, and take off the inner Skin, make a Brine of Water and Bay-ſalt, ſtrong enough to bear an Egg, to the breadth of a Six-pence; let the Beef lie in it one Week, then rub it all over with Salt-petre, and let it lie three Days longer; then take one Ounce of White Pepper, one large Nutmeg, the weight of it in Mace, and the weight of both in Cloves; beat it all groſly and ſtrew upon the Beef; then roll it up hard, bind it with a Tape, and ſew it up in a Cloth, and put it in a long Earthen Pan, fill it up with half Claret and half Water; cover it cloſe with a coarſe Paſte, and bake it twelve Hours in a very hot Oven; then take off the Tape and roll the Cloth very hard about it again, tye it up and hang it up to drain and cool: If you like Herbs; Thyme, Sweet-marjoram, and Parſly ſhred, are the proper Sort; but it does not roll ſo cloſe with as without. It can't be Bak'd too tender.

To make French-Cutlets, *very good.*

SKIN a Loin of Mutton, and cut it into Stakes, then take ſome of the Lean of a Leg of Veal, the weight in Beef-ſuet,

two

two Anchovies, Thyme, Parſly, Sweet-marjoram and Onion, all finely ſhred; Nutmeg, Pepper, Salt and grated Bread, with the Yolks of two Eggs; make Holes in the Lean of the Stakes and fill them full of this Seaſoning, and ſpread it all over the Stakes, then butter as many pieces of white Paper as you have Cutlets, and wrap them up every one by themſelves, turn up the edges of the Papers with great care that none of the Moiſture get out; therefore let the Papers be large enough to turn up ſeveral times at the edge; and if occaſion be, ſtick a pin to keep it all in; for this Gravy is all their Sauce: When they are thus tight wrapt up, put them upon a Mazareen, and bake them: When they are enough, take them off the Diſh they were baked on, and put them on a clean hot Diſh; do not take off the Papers but ſerve them in as they were baked: This is a very delicious Savory Diſh, and done with little danger of ſpoiling, if you wrap them up cloſe. Many People like theſe beſt without Sauce; but if you chuſe it, let it be ſtrong Gravy, Spice, Onion, ſhred Capers, Juice of Lemon ſhook up with a bit of Butter; but they are ſavory and moſt wholeſome alone.

To Collar a Breaſt of Mutton, *to Eat Hot.*

TAKE a large Breaſt of Mutton, bone it and take out all the Griſtles, rub it all over with the Yolk of an Egg, ſeaſon it with Pepper, Salt and Nutmeg, Parſly, Thyme, Sweet-marjoram, all ſhred ſmall, Shallot, if you love it, waſh and cut Anchovy in bits, ſtrew all this over the Meat, roul it up hard, tie it with a Tape, and put it into boiling Water; when 'tis tender take it out, cut it in round Slices, not too thin, pour over it a Sauce made of Gravy, Spice, Anchovy, Claret, Onion, a few Sweet Herbs, ſtrain'd and thicken'd with Butter and ſhred Pickles. Garniſh with Pickles.

To Stew Pigeons.

TAKE ſix Pigeons with their Giblets, cut the Pigeons in Quarters, and put them in the Stew-pan with two blades of Mace, a little Pepper and Salt, and juſt Water enough to Stew them without burning; when they are tender, thick the Liquor with the Yolk of one Egg, three Spoonfuls of thick ſweet Cream, a Bit of Butter, and a little ſhred Thyme and Parſly; ſhake them all up together, and garniſh it with Lemon.

To Broil Pigeons *whole.*

CUT off the Wings and Neck close, leave the Skin at the Neck to tie close, then have some grated Bread, two Pigeons Livers, one Anchovy, a quarter of a pound of Butter, half a Nutmeg grated, a little Pepper and Salt, a very little Thyme and Sweet-marjoram shred, mix all together; put a piece as big as a Walnut into each Pigeon, sew up their Rumps and Necks, strew a little Pepper, Salt and Nutmeg on the outside, broil them on a very slow Charcoal-fire on the Hearth; baste and turn them very often. Sauce is melted Butter; or rich Gravy, if you like it higher tasted.

To Dress a Turbet, *or any Dish of Fish.*

LAY the Fish you are to boil, into a pint of Vinegar, season'd with Salt, Pepper, Onion, and a Faggot of Thyme, Marjoram and Parsly; when it has lain an Hour, put the Fish with the Pickle carefully into your Fish-kettle of boiling Water; to it put Cloves, Mace and Anchovies, and a bit of Horseradish; when they are enough take them out to drain, let the ground of your Sauce be half a pint of the well season'd Liquor in which they were boil'd, and the strain'd Liquor

Liquor of a quart of Oysters, with half a pint of White-wine, and the Body of a large Lobster; add to it a little more Spice, and a little of Lemon-peel, and one large, or two small Anchovies; then strain it and put to this quantity a full pound and half of Butter; into one piece of which strew as much Flower as will make it of a fit thickness: Your Oysters must be first stew'd, and the Tail and Claws of your Lobster cut in Dice, and both put into the Sauce to heat, when 'tis ready to pour on the Fish. Fry'd Smelts, fry'd Parsly, scrap'd Horse-radish, and slic'd Lemon, with the following Patties is the Garnish. *Note*, That the Liquor of any well-tasted Fish, is more agreeable to the taste of Fish than any Sort of rich Gravy made with Flesh: And I believe you cannot err, in Dressing Fish by this Rule for the Sauce. *Note*, Never Boil in too much Liquor, nor too fast.

Patties, *for a Dish of Fish.*

TAKE Carp or fat Eel, bone and shred it very small; to half a pound of this put four ounces of Butter, which you must mix in the shredding, boil four Eggs in the shell, not hard, but as for eating, and put in the Yolks of those Eggs a very small Nutmeg grated, about the weight in Mace, finely beat, as much Salt as both, and a very little

little Parſly finely ſhred; mix this very well and put them into little ſquare Paſties of hot Cruſt, or Puff-cruſt, if you like it better: Faſten them very well, and fry them in a large Pan-full of Lard, clarified Butter, Suet or Oil. You may roll this Forc'd-fiſh into Balls with grated Bread; lay them round, and upon your Fiſh.

To Pickle Pork, *a good way.*

BONE it, and cut it in ſuch pieces as will lie moſt convenient in your Powdering-tub, which muſt be large and ſound to hold the Meat and preſerve the Brine; the narrower and deeper your Tub is, the better 'twill keep the Meat; rub every piece well with Salt-petre, then take one part Bay-ſalt and two parts common Salt, and rub every piece very well and cover it with Salt, as you do a flitch of Bacon; then ſtrew Salt in the bottom of your Tub, and lay the pieces in as cloſe as poſſible, ſtrewing Salt round the ſides of the Tub: As your Salt melts on the top, ſtrew on more. It will keep a great while, and is very good.

To Collar a Pig.

SPLIT it up the Belly and Back, then take out all the Bones, waſh it clean from the Blood, and lay it to ſoak in a Pan of

of Water a Day and Night, ſhifting the Water as it grows red; then take it out and wipe it very dry, ſtrew all the inſide of both pieces very well with Salt, Pepper, Cloves, Mace and Nutmeg beat and grated; then roll them up as hard and tight as you poſſibly can in two Collars, bind them with a long Tape as cloſe as 'twill lie, and after that ſew them up in Cloths: The Liquor you boil them in muſt be a quart of White-wine, a little good Vinegar, and the reſt Water; there muſt be a great deal more than will cover them, becauſe they muſt boil leiſurely above three Hours; put into the Liquor a piece of Ginger, a Nutmeg cut in pieces, a few Cloves, and two blades of Mace, a ſprig of Bays, and a few Leaves of Sage, with ſome Salt; when they are tender take them up, and ſqueeze them tight in the Cloth, that they may come out in ſhape: When the Liquor they were boil'd in is cold, add half a pint of Vinegar, and keep the Collars in it.

To Make Veal-Cutlets.

CUT as many Slices of a Leg of Veal as will make a handſome Diſh, beat them with your Rolling-pin, lay them ſingly in a large Diſh, and grate Nutmeg all over them, and ſtrew them with Salt, lard ſome with Bacon, and pour the Yolks of three Eggs well

well beaten over all; make them all moiſt with the Egg, and fry them of a fine colour in clarify'd Butter; put freſh Frying to every Diſh: When they are all nicely fry'd, put ſome Gravy into the Pan, and the Juice of a Lemon, with Butter and Flower ſhook in; toſs up all 'till 'tis thick, and pour it over the Cutlets; garniſh with bits of Bacon fry'd, and Forc'd-meat Balls. If it be a Cow-Calf, fill the Udder and Fat with the Forc'd-meat, and roaſt it finely for the middle. Make your Gravy for the Sauce of the Bones and Skins you do not uſe; a bit of Beef, Sweet-herbs, Spice, and White-wine, to make it look Pale.

To make Dutch-Beef, *a very good way.*

TAKE eight Pound of Buttock-Beef without Bone, rub it all over with ſix ounces of coarſe Sugar; let it lie two Days, then wipe it a little; then take ſix ounces of Salt-petre beaten, a pint of Petre-ſalt, and a pint of White Salt, rub it well in, and let it lie three Weeks, rubbing and turning it every Day; then ſew it up in a Cloth, and hang it in your Chimney to dry; turn it upſide-down every Day, that the Brine do not ſettle: Boil it in Pump-water 'till 'tis very tender.

To Fricaſſey Chickens, *or* Sweet-breads.

TAKE two or three Chickens (if ſmall,) waſh them clean from the Blood, and cut them to pieces, not too ſmall, ſet them on in as much Water as will cover them; when they boil up ſcum them very clean, then take them out and ſtrain the Liquor; take part of it, to which put ſome Pepper whole and beaten, a blade or two of Mace, and Salt to your Taſte, a little Lemon-peel, a very ſmall Onion ſtuck with three or four Cloves, a quarter of a pint of White-wine warm'd and put to it; boil all theſe together 'till the Chickens are enough; then take three ſpoonfuls of Cream, a little Flower mix'd with it and put to the Chickens; ſhake it well over the Fire 'till it begins to thicken; then take the Yolks of two Eggs well beaten, a little grated Nutmeg and Juice of Lemon beat together with the Eggs; mix theſe with the Liquor very carefully, by little and little, for fear it curdle; put in half a pound of good Butter, and ſhake it together 'till that be melted.

Another for the ſame.

TAKE three Chickens, flea them, and cut them into pieces, put them into a Stew-pan, with as much Gravy and Water

as

as will juſt cover them; put in two Anchovies, ſome whole Pepper, ſome Salt, and a blade of Mace, a ſmall Onion, with a few Cloves; ſet them to ſtew, and when they are almoſt enough, take them from the Liquor, and fry them in Vinegar, but a very little; ſtrain the Liquor, and take as much of it as you ſhall want for Sauce, and add to it a little Parſly, Thyme, and Sorrel, boil'd green, and ſhred ſmall, half a pint of thick Cream, two Yolks of Eggs well beaten, ſome grated Nutmeg; ſhake all over the Fire 'till 'tis thick, throw in half a pound of Butter, and ſhake it 'till that is melted.

To Stew a Hare.

PULL your Hare to pieces, and bruiſe the Bones, and put it into a Stew-pan, with three pints of ſtrong Broth, and at the ſame time put in an Onion, and a faggot of Sweet-herbs; let it ſtew leiſurely for four hours, then put in a pint of Claret; let it ſtew two or three hours longer, 'till 'tis tender; take out what Bones you can find, with the Herbs and Onion, if not diſſolv'd; put in an Anchovy or two with the Claret: Stewing ſo long, it will be thick enough; you need only ſhake it up with half a pound of Butter, when ready for the Table.

To

To Roaſt a Calf's-Head.

AFTER the Head is nicely waſh'd and pick'd, take out the Brains and Tongue; make a large quantity of Forc'd-meat with Veal and Suet well ſeaſon'd, fill the hole of the Head; skewer it and tie it together upon the Spit: One hour and an half roaſts it: Beat up the Brains with a little Sage and Parſly finely ſhred, a little Salt, and the Yolks of two or three Eggs: Boil and blanch the Tongue, cut it in large Dice, and fry that and the Brains, as alſo ſome of the Forc'd-meat in Balls, and ſome ſlices of Bacon. The Sauce is, ſtrong Broth, with Oyſters, Muſhrooms, Capers, and a little White-wine, thicken'd.

To Force a Leg of Lamb.

SLIT the Leg of Lamb down on the Wrong-ſide, and take out all the Meat, as near as you can, without cutting or cracking the Out-ſide Skin; beat it very ſmall, with its weight in good freſh Suet; add to it twelve large Oyſters, two Anchovies, both neatly waſh'd, and the Anchovies nicely bon'd; ſeaſon it with Pepper, Salt, Mace, and Nutmeg, a little Thyme and Parſly nicely ſhred; beat all very fine together, and mix it up with the Yolks of three

Eggs;

Eggs; fill the Skin again with the Meat, and ſew it up very carefully. The Meat that is left out muſt be fry'd for Garniſh to the Loin, which you muſt fricaſſey as you do Chickens, and lay under the Leg of Lamb. You muſt tie the Leg on to the Spit, for any Hole will ſpoil the Meat; but 'tis eaſie to faſten the Back to the Spit with Packthread. In your Fricaſſey for this Lamb, leave out the Cream, and add a little Oyſter-Liquor and fry'd Oyſters.

The beſt way to Pot Beef, *which is as good as Veniſon.*

TAKE a picce of lean Buttock-Beef, rub it over with Salt-petre; let it lie one Night, then take it out and ſalt it very well with White and Bay Salt, put it into a Pot juſt fit for it, cover it with Water, and let it lie four Days; then wipe it well with a Cloth, and rub it with Pepper finely beaten; put it down cloſe into a Pot without any Liquor, cover the Pot cloſe with Paſte, and let it bake with large Loaves ſix Hours at leaſt; then take it out, and, when 'tis cold, pick it clean from the Skins and Strings, and beat it in a Stone Mortar very fine; then ſeaſon it with Nutmeg, Cloves, and Mace finely beaten, to your Taſte, and pour in melted Butter, which you may work up with it like a Paſte: Put it cloſe down and

even in your Pots, and cover it with clarify'd Butter.

To make Lobſter-Loaves.

PICK out all the Meat of three little Lobſters, ſhred it a little; take a piece of Butter and brown it with Flower in a Sauce-pan; then ſtir in a very little Onion and Parſly ſhred very fine, and put in a little Pepper, a ſpoon-full of Anchovy Liquor, three or four ſpoon-fulls of good Gravy, three Yolks of Eggs well beat; ſtir all theſe over the Fire in the brown Butter, then put in the Lobſter, and ſtir it a little together: Take three French Rolls, and cut a round piece off the top of each, and pick out the Crumb, but do not break a hole through the ſides of the Bread; fill up the Roll with the Mixture you have prepared; put on the Piece of Top you cut off, cloſe, and tie them round with a piece of Tape: Make ſome Dripping boiling hot in your Frying-pan; and when you have juſt dipt the Roll in Milk, throw it into the Pan-full of ſcalding Liquor: When they are criſp take them out, and take off the Tape: Be ſure to put in three times as much Parſly as Onion. Thus you may do *Shrimp* or *Oyſter-Loaves.*

To Roaſt a Breaſt of Pork.

OUT of your Quarter cut off only a Knuckle, leaving as much Skin on the Breaſt as you can; take off the Neck, and leave a very large Breaſt; bone it, and rub it with Salt pretty well all over; then take Sage and a little Thyme ſhred ſmall, a whole Nutmeg and a little Cloves and Mace finely beaten; ſtrew the Spice and Herbs very thick all over the Meat, and rub it in; then roll it tight up, with the fleſh inward, ſtitch it faſt together, and roaſt it lengthwiſe 'till 'tis full enough done.

To Haſh a Calf's-Head.

BOIL your Calf's-Head 'till the Meat is near enough for eating; take it up, and cut it in thin Slices; then take half a pint of White-wine, and three quarters of a pint of good Gravy, or ſtrong Broth; put to this Liquor two Anchovies, half a Nutmeg, and a little Mace, a ſmall Onion ſtuck with Cloves; boil this up in the Liquor a quarter of an hour; then ſtrain it, and let it boil up again; when it does ſo, throw in the Meat, with a little Salt to your Taſte, and ſome Lemon-peel ſhred fine; let it ſtew a little, and, if you pleaſe, add Sweet-breads: Make Forc'd-meat Balls of Veal; mix the

Brains with the Yolks of Eggs, and fry them, to lay for Garniſh. When the Head is ready to be ſent in, ſhake in a bit of Butter.

To Dreſs Hogs-Feet *and* Ears, *the beſt Way.*

WHEN they are nicely clean'd, put them into a Pot, with a Bay-leaf, and a large Onion, and as much Water as will cover them; ſeaſon it with Salt and a little Pepper; bake them with Houſhold Bread; keep them in this Pickle 'till you want them, then take them out and cut them in handſome pieces; fry them, and take for Sauce three ſpoon-fulls of the Pickle; ſhake in ſome Flower, a piece of Butter, and a ſpoon-full of Muſtard: Lay the Ears in the middle, the Feet round, and pour the Sauce over.

To Collar a Breaſt of Veal, *to Eat Hot.*

BONE your Veal; take ſome Thyme, Sweet-marjoram, Pepper, Salt, grated Nutmeg, and beaten Mace, ſhred Suet, and Crumbs of Bread, with a few Oyſters; beat all theſe in a Mortar, to mix it together; ſtrew it thick over the Veal; then roll it up into a Collar; then ſew it tight in a Cloth, and boil it three Hours. Make your Sauce as for a White Fricaſſey, thicken'd with

with Cream, and Yolks of Eggs, boiling the Bones firſt for good Gravy; fry the Sweet-bread in Bits neatly cut. Save ſome of the Stuffing, for Forc'd-meat; to which add Juice of Spinnage, for Colour; and Yolks of Eggs, to make it roll tight, to fry or boil, for Garniſh in the Sauce, with the Sweet-bread.

To make Stove-Veal.

TAKE a Fillet of Veal of a Cow-Calf, cut away an Inch of the middle Bone on each ſide, that the Meat may lie flat in the Stew-pan; cut off the Udder, and ſlice it in long pieces, and roll it in Seaſoning of Pepper, Salt, Nutmeg, and Sweet-herbs finely ſhred; make Holes through the Fillet, and ſtick in theſe ſeaſon'd Pieces of fat Udder as thick as you can, 'till the whole is ſtuff'd in; then lay Butter in the Pan, and put in the Meat; ſet it on a gentle Fire, turning and ſhaking it as you have occaſion; then ſcum off the Fat, and put in one Onion ſtuck with Cloves, a Lemon pared, and cut in half, and ſqueez'd in: Continue to ſhake it. If your Fire be as ſlow as it ought to be, 'twill take five Hours to make it ready: One Hour before it is ſo, put in a large pint of ſtrong Broth. When the Meat is juſt enough, ſet on a pint of Oyſters, and a pint of Muſhrooms, with a little of the Broth, and two

ſpoon-fulls of Capers. Let the Meat be again clean ſcum'd from the Fat, before you uſe the Liquor; thicken this with Flower, and pour it into the Diſh to the Meat. 'Tis a grateful, ſavoury Diſh.

To make a Potatoe-Pye.

TAKE two pound of *Spaniſh* Potatoes, boil them 'till tender; then peel them, and ſlice them the long way; lay them in the Diſh; and take the Marrow of four large Bones, pick it out of the Bones in large Pieces, and lay it upon the Potatoes; put in two ounces of Preſerv'd Barberries, as much Citron and Orange-peel, ſix ſlices of Lemon dipp'd in Sugar, cut off the Rind; put in a quarter of a pint of Sack: Cover it with Puff-paſte; and when the Cruſt is baked it is enough: Then cut off the Lid, that it may cool a little; and make a Caudle of half a pint of Sack, half a pound of Butter, the Yolks of four Eggs, and a quarter of an ounce of beaten Cinnamon: Take care it does not turn. Make your Caudle very ſweet, and pour it into the Pye.

To Stew Carp.

SCALE and waſh your Carps clean before you open them; then ſlit them carefully, and ſave the Blood in Vinegar; take out all the

the inſide with caution, for fear of breaking any thing, becauſe they muſt not be waſh'd on the inſide; put into their Bellies ſome whole Pepper, Salt, and a blade of Mace; cover them in the Stew-pan or Diſh, with Claret and half as much Water, Spice, Sweet-herbs, and a bit of Horſe-radiſh; Stew them gently, and turn them when they are enough; lay them on the Diſh to drain; and boil up the Sauce they were ſtew'd in, with two Anchovies bon'd and waſh'd, the Vinegar the Blood was ſav'd in, and a pound of good Butter; thick it with a little Flower, before you put in your Butter.

Good Sauce for Boil'd Rabbets, *inſtead of Onions.*

BOIL the Livers, and ſhred them very ſmall, as alſo two Eggs not boil'd too hard, a large ſpoonfull of grated white Bread; have ready ſome ſtrong Broth of Beef and Sweet-herbs; to a little of that add two ſpoon-fulls of White-wine, and one of Vinegar; a little Salt, and ſome Butter; ſtir all in, and take care the Butter do not Oil: ſhred your Eggs very ſmall.

A pretty Sauce for Woodcocks, *or any Wild-Fowl.*

TAKE a quarter of a pint of Claret, and as much Water, some grated Bread, two or three Heads of Rocumbole, or a Shallot, a little whole Pepper, Mace, and slic'd Nutmeg and Salt; let this stew very well over the fire, then beat it up with Butter, and pour it under the Wild-Fowl, which being under roasted, will afford Gravy to mix with this Sauce.

To Fry Oysters, *for Garnish, for Fish or Hash.*

WASH them in their own Liquor, and dry them very well; then have some Yolks of Eggs beat up, with Spice and Salt finely beat, and Flower to make it thick enough to hang on the Oysters: Fry them quick, in clarified Beef-suet.

A sweet Pye, *which may be made of Young Lamb or Chickens.*

TO two Chickens you may take eight ounces of Marrow, or Butter, if that cannot be had; but a Loin of Lamb wants very little more than its own Fat: Season your

your Lamb or Chickens with Salt, Sugar, beaten Cloves and Mace; lay it into the Diſh, and put in five Yolks of hard Eggs, with ſome of the Forc'd-meat Balls, made as follows: Shred a Pound of lean Veal, with a pound and half of Beef-ſuet, a very little Parſly, Spinnage and Thyme, ſhred very ſmall, mixed up with grated Bread, the Yolks of two Eggs, and ſeaſon it with Cloves, Mace, Salt and Sugar beat all fine, and colour it with a little Juice of Spinnage; make it into large Balls, and put as many in as will lie well; ſhred a Lemon-peel fine and ſtrew in; put in alſo ſome Sweet-meats, and a Coffee-cup of Water, with the Juice of a large Lemon; cover it with Puff-paſte, and when it comes out of the Oven, cut off the Lid, to let the fierceneſs of the Heat go out, before you put in your Caudle, which muſt be half a pint of White-wine, thicken'd with the Yolks of three Eggs, and ſweeten'd as you find Occaſion.

To Stew Herrings.

FIRST broil them very brown, then have ready ſome White-wine made hot with an Anchovy, a blade of Mace, and a bit of Onion, with a little whole Pepper, all ſtew'd in the Wine; then cut off the Heads of the Fiſh, and bruiſe them in the Wine and Spice, and take them out again before you put in your

your Herrings; let them ſtew over Coals, in a Diſh that they may lie at length in; let them ſtew on both ſides 'till they are enough at the Bone; take them out, and ſhake up the Sauce with Butter and Flower. 'Tis a very good Way to Dreſs them.

To make Sauſages.

TAKE almoſt the double weight of Fat to your Lean Pork, and pick both clean from Bones, Skin and Kernels; ſhred it ſeverally very fine; then mix and ſhred it together, and to four pound of this Meat, you may put a very large Nutmeg, the weight of the Nutmeg in Cloves and Mace, and almoſt the weight of all the Spice in Pepper; beat all fine, and let your heap of Salt be as big again as the Spice and Pepper; ſhred a large handful of freſh Sage, and a little Thyme, very fine; grate two ſpoon-fulls of white Bread, and take two Yolks of Eggs, mix all very well together, and fill your Skins; If you love Oyſters, half a pint ſhred to this quantity, gives it a rich Taſte; theſe roll and fry without Skins, and keep better in a Pot; add the Yolks of Eggs when you uſe them. *Norfolk* Links are only Fat and Lean Pork, more groſly cut; and the Seaſoning, Pepper, Salt, and a large quantity of Sage ſhred ſmall, and put in large Skins.

To make a Hog-meat-Pye.

TAKE two Buttock-pieces, or Rearing-pieces of Pork, 'tis what Lean is cut off the Gammon on the inside of the Flitch, cut some of the Fat off the end of the Chine, and beat Fat and Lean together very small; season it with Pepper, Salt, Mace and Nutmeg; tie the Meat, when beat and season'd, in a wet clean Cloth, lay it into the Shape you would have it in the Cloth, and cut some long slips of the Chine-fat, to mix and lay between every Layer of the beaten Meat; when 'tis thus laid round and in order, tie it up hard, and lay a heavy weight to press it very hard and close for three or four Hours: Make your Pye, and when you have laid in the Meat, lay half a pound of Butter over the Meat: Just as you set it into the Oven, pour in a quarter of a pint of Claret. When you Draw it, if you find it dry, pour in melted Butter.

Scotch-Collops, *a very good Way.*

TAKE a Fillet of Veal, cut away the outside Skin, and cut it out in thin Collops, with the grain, hack them with the back of your Knife, lard some of them with Bacon, and season all of them with Salt, Nutmeg and Thyme, Parsly, and a little Savory; shred

ſhred all the Herbs very ſmall, then fry them in a good quantity of clarified Butter, till they look of a fine Yellow; take care they are not burnt Black: When they are ſo done, lay them before the Fire to drain; pour the Butter they were fry'd in from the Gravy, and put to the Gravy three Anchovies, a little ſtrong Beef-broth, a little Oyſter-liquor, and Oyſters, with a quarter of a pint of Claret; let your Oyſters ſtew thus 'till they are enough, then ſhake in five or ſix ounces of Butter; rub the Pan firſt with Shallot, put in the Yolks of three Eggs, and take care to ſtir or ſhake it conſtantly, for fear of curdling; juſt before you pour it out, ſqueeze in the Juice of a Lemon, and pour it over the Collops: You muſt have Forc'd-meat Balls and Muſhrooms, and ſome fry'd Oyſters, with ſliced Lemon, for Garniſh.

To Stew Oyſters.

TAKE a quart of Oyſters, and clear them well from bits of Shells and Droſs in their own Liquor; then ſtrain that Liquor, and put to it a large blade of Mace, a ſmall Nutmeg ſlic'd, and a little Salt; let your Oyſters boil in this Liquor, and ſcum them clean; when they are near enough, put to them ſome Parſly ſhred fine, and a little Shallot, if you love it, alſo ſhred fine, the

Yolks

Yolks of four Eggs, and near half a pound of Butter: Shake it conſtantly.

To make Lobſter-Pyes.

WHEN your Lobſters are boil'd, take them clean out of the Shells, ſlice the Tails and Claws thin; ſeaſon them with Pepper, and a little Mace and Nutmeg beat fine; take the Bodies with ſome Oyſters ſhred, mix it up with a little Onion fine ſhred, a little Parſly fine ſhred, and a little grated Bread, and ſeaſon it as the reſt; then take the Yolks of raw Eggs, to roll it up in Balls; lay all into the Pye, with Butter at bottom and top of the Fiſh; when it comes out of the Oven, pour in a Sauce of ſtrong Gravy, Oyſter-liquor and White-wine, thicken'd with the Yolk of an Egg: 'Tis to eat Hot.

To Boil a Turkey, *or any Fowl, with* Oyſter-*Sauce.*

WASH your Oyſters very clean in their own Liquor, which Liquor you muſt then ſtrain out into a clean Sauce-pan; put in your Oyſters, with a bundle of Sweet-herbs, an Onion, ſome Mace, whole Pepper, and a bit of Lemon-peel: Then take fifteen, if large, of theſe Oyſters, with a little grated Bread, twice as much Beef-ſuet ſhred ſmall, the Yolks of four hard Eggs, two Anchovies,

chovies, a very little Onion fine ſhred, Salt, Pepper, Nutmeg, Thyme, and Winter-ſavory; ſhred all together very fine, and mix it up with a Yolk of raw Egg; ſtuff the Turkey, or Fowls, under the Skin on the Breaſt; while they boil, ſet your Oyſters for the Sauce to ſtew very gently over the Fire; when they are almoſt enough take them out, and put in a quarter of a pint of White-wine, and half a pint of ſtrong Gravy, with an Anchovy, Herbs and Spice, firſt boil'd in, and ſtrain'd clean out of the Gravy; when all this is boil'd together, put in as much Butter as will make it thick and well taſted, 'twill take near a pound to a quart of Oyſters: If you find it ſo thin as to part, mix a little Flower in a bit of the Butter, then throw in your Oyſters again, the Juice of a Lemon, and ſome ſhred Parſly to look Green: Pour it over the Fowl; and Garniſh with Oyſters and Lemon.

To make Weſtphalia-Hams; *abſolutely the beſt way to do them.*

CUT your Leg of Fat large Pork, as like a right Ham as you can (black Hogs make the beſt) hang it up two days, then beat it very well on the fleſhy Side with a Rolling-pin; rub in an ounce of Salt-petre (finely beaten) in every place, ſo let it lie a Day and Night; then take an ounce more

of

of beaten Salt-petre, with two large handfuls of common Salt, and a handful of Bay-ſalt, a pound of coarſe Sugar; mix all theſe together, and warm them thorough-hot in a Stew-pan, but be ſure not to melt it; and while 'tis hot, rub it all over the Ham very well, with two large handfuls more of Salt; thus let it lie 'till it melts to Brine, then turn it every Day twice, and baſte it with that Brine for three Weeks together: Dry it as Bacon. *Note*, That your Handfuls of common Salt be very large.

To Pot Neat's-Tongues, *a better way than Drying them.*

PICKLE them Red, as you do to Dry; and when you think them Salt enough to Dry, boil them very tender; take them up and peel them, and rub them with Pepper, Cloves, and Mace all over; then turn them round into a Pot to bake: Lay them in ſingle Pots on their ſide; you muſt cut off the Root as well as the Skin, and cover them with Butter: Bake them with brown Bread; when they come out of the Oven, pour out the Gravy, and let the ſame Butter ſerve, when clear'd; if there is not enough, add more clarified.

To Pot Salmon, *as at* Newcaſtle.

TAKE a Side of Salmon, ſcale and wipe it very well and clean, but don't waſh it; Salt it very well, and let it lie till the Salt be melted, and drain'd from it, then ſeaſon it with beat Mace, and Cloves, and whole Pepper; lay in three or four Bay-leaves, and cover it all over with Butter; when 'tis well bak'd take it out, and let it drain from the Gravy, then put it into your Pot to keep; and when cold, cover it with clarified Butter. Thus you may do Carp, Tench, Trout, or any firm Fiſh.

To Pickle Mackarel, *call'd* Caveach.

CUT your Mackarel into round Pieces, and divide one into five or ſix Pieces: To ſix large Mackarel you may take one ounce of beaten Pepper, three large Nut-megs, a little Mace and a Handful of Salt; mix your Salt and beaten Spice together, and make two or three holes in each Piece, and thruſt the Seaſoning into thoſe holes with your finger; rub the Pieces all over with the Seaſoning; fry them brown in Oil, and let them ſtand 'till they are cold; then put them into Vinegar, and cover them with Oil. They will keep, well cover'd, a great while, and are delicious.

To

To Stew a Rump of Beef.

FIRST boil it more than half enough; then take it off the Fire, and peel the Skin off the top: Have ready ſome Pepper, beaten Mace, grated Nutmeg, Salt, ſhred Thyme, Savory, Marjoram, and Parſly; ſtuff it in large holes through the Fat; lay the reſt of the Seaſoning all over the top; and to bind it on, ſpread over it the Yolk of one ar two Eggs. Be ſure to ſave the Gravy that runs out in Stuffing, to which add a pint of Claret, and ſome Vinegar: Put it in a deep Pan that will not be too big, but let the Liquor come up to the top: Bake it two Hours; and when you put it in a clean Diſh, pour the Gravy and Wine it was baked in all over.

To make a good Forc'd-Meat *for any Uſe.*

TAKE a Pound of Veal, and full its weight in Beef-ſuet, a bit of Bacon; ſhred all together, beat it in a Mortar very fine; then ſeaſon it with Sweet-Herbs, Pepper, Salt, Cloves, Mace, and Nutmegs: And when you roll it up to fry, add the Yolks of two or three Eggs, to bind it. You may add Oyſters, or Marrow, on extraordinary Occaſions.

To Pot Lamprey.

SEASON your Fiſh with Pepper, Salt, and Nutmeg, a large Onion ſtuck with Cloves, three ſpoonfuls of Claret; cover it with Butter, and bake it: When 'tis enough, take it out, and ſtrain it from the Liquor: Pour off the clear Butter, and add it to as much more as will cover the Fiſh, in a Pan fit to keep it, and bring to Table. Remember always to Clarifie all the Butter you pour over Potted Things.

A Weſtphalia-Ham-Pye.

BOIL your Ham as tender as uſually do to eat when 'tis cold; bone and skin it; ſeaſon it with Pepper, Cloves and Mace beaten; put it into very good Cruſt, or in a Diſh cover'd over with Paſty-cruſt. Before you Lid it, lay in Butter; and when it comes out of the Oven, put in clarify'd Butter. 'Tis good either Hot or Cold.

To Pickle Codlins, *like* Mangoe.

MAKE a Brine of Salt and Water, ſtrong enough to bear an Egg, into which put half a Hundred of the faireſt and largeſt Codlins you can get; they muſt be full grown, but not full ripe; let them lie in this

this Brine nine or ten Days, ſhifting the Pickle every other Day; then dry them, and very carefully ſcoop out the Core: Take out the Stalk ſo whole, as that it may fit in again; and you may leave the Eye in, if you don't put your Scoop quite through: Fill it, in the room of the Core, with Ginger ſliced thin, and cut ſhort, a Clove of Garlick, and whole Muſtard-ſeed, as much as it will hold: Put in the Piece, and tie it up tight. Make your Pickle of as much White-wine Vinegar as will cover them, with ſliced Ginger, Cloves of Garlick, and whole Muſtard-ſeed: Pour this Pickle boiling hot upon them every other Day, for a Fortnight or Th[illegible] Weeks. Stone Jars are beſt for all S[illegible] of Pickles.

And this is as good a Way as any for a midling large *Cucumber*; only don't cut them to put the Garlick and Muſtard-ſeed in; for they keep much longer, and eat much criſper, if you let them be whole. But neither *Cucumbers*, *Peaches*, nor *Melons*, are comparable to *Codlins*, for imitating the right *Mangoe*.

To Pickle Walnuts.

TAKE a Hundred of the large *French* Walnuts, at the beginning of *July*, before they have a hard Shell: Juſt ſcald them, that the firſt Skin may rub off; then throw them into Water and Salt for nine or ten

Days, ſhifting them every other Day, and keep them cloſe cover'd from the Air; then dry them: And make your Pickle of two quarts of White-wine Vinegar, Long-Pepper, Black-Pepper, and Ginger, of each one ounce; Cloves, Mace, and Nutmegs, of each half an ounce; beat the Spice, and with it a large ſpoonful of Muſtard-ſeed; ſtrew this between every Layer of Walnuts, and pour your Liquor boiling hot upon them three or four times, or oftner, if you ſee Occaſion: Be ſure to keep them cloſe ſtopt. A ſpoonful of this Pickle is good in Fiſh, or any ſavoury Sauce. Three or four Cloves of Garlick do well, if you do not diſlike the Taſte.

To Pickle Muſhrooms.

GATHER the ſmalleſt Buttons, cut off the bottom of the Stalk, and throw them into Water and Salt; then rub them with a coarſe Cloth or Flannel very clean, and throw them into another Pan of clean Water: Boil them in Milk and Water: Take them out upon a clean Cloth: When they are dry, put them into Glaſſes, with White Pepper-corns, and a good quantity of Mace: Make your Pickle of half White-wine and half good ſharp White-wine Vinegar. Many put it to the Muſhrooms unboil'd: If you boil it, you muſt let it ſtand to be cold, before

fore you pour it to the Muſhrooms. Pour good Oil on the top of the Pickle; it keeps them beſt; and put them in as ſmall Glaſſes as you can, becauſe they ſoon decay when they have taken Air.

To Pickle Neats-Tongues, *very good.*

LAY your Tongues twelve Days in common Salt and Salt-petre, then boil them very tender, and blanch them; cut off the Root, and lay them into a Pot, and pour over them a Pickle made of good White-wine Vinegar, which you muſt boil up with Pepper, Cloves, Mace, and a little Ginger: When 'tis ready to take off the Fire, throw in a piece of Lemon-peel, and three or four Bay-leaves; put it not to the Tongues 'till cool: tie them cloſe from the Air. A little of the Pickle, with good Oil, is their Sauce.

To Pickle Pigeons.

BONE them neatly, and ſeaſon them with Salt, Pepper, Cloves, and Mace; ſew them up at the Back, and tie the Neck and Rump; boil them in two quarts of Water, a pint of White-wine, and as much White-wine Vinegar; put into it a ſmall faggot of Sweet-herbs, and a bit of Lemon-peel. When the Pigeons are enough, take them off the Fire: When they are out, boil

and ſcum the Pickle very clean; pour it not to the Pigeons 'till 'tis cold.

To Pickle Smelts.

GUT and Waſh them clean, then lay them in Rows, and put Pepper, Nutmeg, Cloves, Mace and Salt between every Layer of Fiſh, and four or five Bay-leaves, powder'd Cochineal and Petre-ſalt beat and mix'd with the Spice: Boil (as much as will cover them) good Red-wine Vinegar, and put to them when cold. They exceed *Anchovies*.

To Pickle Oyſters.

TAKE a Peck of very large Oyſters; when carefully open'd without cutting, waſh them three or four times in their own Liquor; ſtrain the Liquor, and put that into a Skillet: When it boils, put in your Oyſters, with half an ounce of White Pepper, and five or ſix blades of Mace: Let them boil 'till they begin to ſhrivel up; then take them out of the Liquor, and cover them cloſe, while the Spice and Liquor boils a quarter of an Hour longer; then pour it on the Oyſters; and always keep them as much from the Air as you can, to keep their Colour.

An Apple-Pudding *to Bake, very good.*

TAKE twelve fair large Pippins, coddle them over the Fire very ſlowly, that they do not crack; when they are ſoft, peel and core them, and pulp them through a Cullender: Add to this three ſpoonfuls of Orange-flower-Water, ten Eggs well beat and ſtrained, half a pound of very good Butter melted; make it very ſweet, the Apples require it: Add Candy'd Orange, Lemon, or Citron-peel: Put a Sheet of Puff-paſte into a Diſh, and pour in your Pudding; bake it with care: 'Tis done in half an Hour.

The beſt Orange-Pudding *that ever was taſted.*

PARE the Yellow Rind of two fair *Sevil*-Oranges, ſo very thin that no part of the White comes with it; ſhred and beat it extremely ſmall in a large Stone Mortar; add to it when very fine, half a pound of Butter, half a pound of Sugar, and the Yolks of ſixteen Eggs; beat all together in the Mortar 'till 'tis all of a Colour; then pour it into your Diſh in which you have laid a Sheet of Puff-paſte. I think Grating the Peel ſaves Trouble, and does it finer and thinner than you can ſhred

or beat it: But you muſt beat up the Butter and Sugar with it, and the Eggs with all, to mix them well.

A Rice-Pudding.

GRIND or Beat half a pound of Rice to Flower, mix it, by degrees, with three pints of Milk, and thicken it over the Fire with care, for fear of Burning, 'till 'tis like a Haſty-Pudding: When 'tis ſo thick, pour it out, and let it ſtand to cool: Put to it nine Eggs, (but half the Whites,) three or four ſpoonfuls of Orange-flower-Water: Melt almoſt a pound of good Butter, and ſweeten it to your Taſte. Add Sweet-meats, if you pleaſe.

White Hog's-Puddings.

TAKE a quart of Cream, and fourteen Eggs, (only half the Whites,) beat them but a little; and when the Cream boils, put in the Eggs; keep them ſtirring on a gentle Fire 'till 'tis all a thick Curd: After 'tis almoſt cold, put to it a pound of grated White Bread, two pound of Suet ſhred very fine, two Nutmegs grated, ſome Citron cut ſmall, half a pound of Almonds beat ſmall, with Orange flower-Water, Salt, and Sugar to your Taſte: To this you may put three quar-

quarters of a pint of Cream when you go to filling.

A Neat's-Foot-Pudding.

TAKE to a pound of Neat's-foot finely ſhred, three quarters of a pound of Suet ſhred as ſmall, a whole Nutmeg grated, Candy'd Orange minced, ſome Salt, and ſome Currants, a little grated Bread, and ſeven Eggs, (leave out half the Whites;) flower the Bag, and let it boil two Hours and a half at leaſt. The Sauce is, Sack, Sugar and Butter melted.

Cuſtards, *very good.*

BOIL a quart of Cream, then ſweeten it with fine powder'd Sugar, beat eight Yolks of Eggs, with two ſpoonfuls of Orange-flower-Water; ſtir this in the Cream, and ſtrain all through a Sieve: Fill your Cups or Cruſt, and bake them with Care.

Orange-Cheeſe-cakes, *very good.*

BLANCH half a pound of ſound Sweet-Almonds, beat them very fine, with two ſpoonfuls of Orange-flower-Water, half a pound of Sugar beat and ſifted, three quarters of a pound of melted Butter: Put to the reſt, when almoſt cold, eight Eggs, leaving

ving out half the Whites; beat and ſtrain them: Boil the Peel of a *Sevil* Orange 'till the Bitterneſs is out, beat it fine, and mix it with the reſt; put it into very light Cruſt: 'Tis an incomparable Cheeſe-cake without the Orange.

Another Cheeſe-cake, *without Curd, very good.*

TAKE a quart of Cream, and ſeven Eggs, Yolks and Whites; beat three of the Eggs, and put as much Rice-flower to them as will make them thick as a Paſte; then put in the other four Eggs, being a little beaten, and ſtir all well together; ſet on your Cream to boil, and put in your Eggs and Rice, ſtirring it all the time, 'till 'tis a pretty thick Curd: When 'tis cold, ſeaſon one part with a ſpoonful or two of Sack, Nutmeg, Sugar and Currants, and the other with Orange-flower-Water, Ambergreeſe and Sugar; put them in very good Cruſt: A little time bakes them.

A good Cheeſe-cake, *with Curd.*

TO a pound and half of Cheeſe-curd put ten ounces of Butter, beat both in a Mortar, 'till all looks like Butter; then add a quarter of a pound of Almonds, beat with Orange-flower-Water, a pound of Sugar, eight

eight Eggs, half the Whites, a little beaten Mace, and a little Cream, beat all together: A quarter of an Hour bakes them in Puff-cruſt, and in a quick Oven.

Thin Cream Pan-cakes, *call'd a* Quire of Paper.

TAKE to a pint of Cream, eight Eggs, leaving out two Whites, three ſpoonfuls of fine Flower, three ſpoonfuls of Sack, and one ſpoonful of Orange-flower-Water, a little Sugar, a grated Nutmeg, and a quarter of a pound of Butter, melted in the Cream; mingle all well together, mixing the Flower with a little Cream at firſt, that it may be ſmooth: Butter your Pan for the firſt Pan-cake, and let them run as thin as you can poſſibly to be whole, when one ſide is colour'd 'tis enough; take them carefully out of the Pan, and ſtrew ſome fine ſifted Sugar between each; lay them as even on each other as you can: This quantity will make Twenty.

An Almond-Pudding.

BEAT half a pound of good ſweet Almonds, with Orange-flower-Water, grated Biskets, three or four, as they are for ſize, half a pound of Butter, and four large ſpoonfuls of Sack, eight Eggs, leaving out half

half the Whites, and a quart of Cream, with Sugar to your Taſte; put a Puff-paſte at the bottom of the Diſh; and Garniſh the edge with Paſte; ſo pour it in and bake it: Thoſe that love not Orange-flower-Water, may put a grated Nutmeg inſtead of it, and beat the Almonds with fair Water, for fear of Oiling.

Orange-Pudding.

TAKE three fair Oranges, cut them and ſqueeze off the Juice into a clean Pan, boil the Peels in two or three Waters, 'till the Bitterneſs is of, then pick out the Pulp and Strings, and beat the Peel very fine in your Mortar, with Orange-flower-Water, then mix it up with the ſtrain'd Juice; add to it nine Eggs, leaving out four Whites, half a pound of Butter, and Sugar to your Taſte; put a Puff-paſte at the bottom of the Diſh; and Garniſh the edge of the Diſh with Paſte: Some People only grate in the Peels raw, and leave out the Juice; but I think the above-written way is the moſt Grateful and Pleaſant.

A Cuſtard Sack-Poſſet.

TAKE a quart of Cream, boil it, and ſeaſon it well with Sugar; then take ten Eggs, with two Whites, beaten very well,

well, ſtrain them to half a pint of Sack, ſtir the Eggs and Sack with care over the Fire, 'till 'tis very hot; then pour in the Cream, holding it very high, and ſtir all very well together; cover it cloſe and ſet it over a Kettle of Water, 'till 'tis come as thick and ſmooth as a Cuſtard: 'Tis by much the beſt Sort of Poſſet that is made.

Cheeſe-curd-Pudding.

TAKE the Curd of a Gallon of new Milk, drain'd from the Whey, beat it very well in a Mortar, with half a pound of Butter; then take ſix Eggs, but three of the Whites, beat them very well, and ſtrain them to the Curd; two grated Naple-biſkets, or a Half-penny Loaf, if they cannot be had, with half a pint of Flower; mix all theſe together, and ſweeten it to your Palate: Butter your Patty-pans very well, fill and bake them: Let not the Oven be too hot; turn them out, and pour over them Sack, Sugar, and Butter melted very thick, cut ſlips of Candy'd Orange-peel, or Citron, to ſtick up in them; and ſlice blanch'd Almonds for thoſe that have not Sweet-meats.

A very good Tanſie.

TAKE a pint of Milk, and a pint of Cream, about a pint of Juice of Spinnage, which muſt be well dried, after waſhing, before you ſtamp it; ſtrain it and pour it in; beat fifteen Eggs with a little Salt, leave out eight Whites, ſtrain them into the other things, put in near a pint of grated Bread or Bisket, grate in a whole large Nutmeg, and as much Sugar as will make it very ſweet, thicken it over the Fire as thick as a Haſty-Pudding; put it into a butter'd Diſh, and a cool Oven: Half an Hour bakes it.

To make Hogs-Puddings.

TAKE the Hog's Tongue, and ſome of the Lights, with a piece of Liver; when all is boil'd tender, grate the Liver, and chop the Tongue and Lights very ſmall; put this to a Gallon of grated Bread, three Pound of Currants, Mace, Cinnamon, Nutmeg, Salt and Sugar, nine Eggs, leave out four Whites, three pound of Suet finely ſhred; wet it with the top of the Liquor you boil'd your Meat in; it muſt not be too limber: When 'tis ready, fill your Skins.

Liver-Puddings, *very good.*

TAKE the Crumb of a Two-penny White-Loaf grated, a pound of Marrow, or freſh Beef-ſuet, ſo finely ſhred as to go through a Cullender; take a pound of Hog's Liver boil'd, grate and ſift that very fine; boil a quart of Cream, with a blade of Mace, and ſweeten it; grate a Nutmeg, and put it to the reſt; beat up ſix Eggs with the Whites, a little Salt, and a ſpoonful of Orange-flower-Water, mix all togethe, and fill your Skins: If you like Currants, you muſt plump them before they go in.

A Sagoe-Pudding.

TAKE half a pound of Sagoe, and waſh it well in three or four hot Waters, then put to it a quart of New Milk, and let it boil together, 'till thick as a Haſty-Pudding; ſtir it carefully for 'tis apt to burn; put in a ſtick of Cinnamon, when you ſet it on the Fire; when 'tis boil'd take it out: Before you pour it out, ſtir in near half a pound of Butter, beat nine Eggs, with four ſpoonfuls of Sack, leave out four Whites, ſtir all together, ſweeten it to your Taſte, and put in a quarter of a pound of plump'd Cur-

Currants; lay a Sheet of Puff-paſte under, and to Garniſh the brim.

To Stew Golden-Pippins, *a very good Way.*

PARE them, and nicely ſcoop out the Core, with a very ſmall Scoop, throw them into Water, to preſerve their Colour; to a pound of Pippins thus prepared, take half a pound of double-refin'd Sugar, and one pint of Water, boil and ſcum the Syrrup, before you put in the Pippins; when the Pippins are in, let them boil a-pace, to make them clear, and when they are ſo, put in a bit of Lemon-peel, and the Juice of Lemon to your Taſte.

Hart's-Horn, *or* Calf's-foot-Jelly, *the beſt Way.*

TAKE to half a pound of good Hart's-horn, three quarts of fair Water, let it boil very ſlowly, 'till above one quart be conſumed; if you cannot get Hart's-horn, one Set of Calf's-feet will make more in quantity, and taſte almoſt as well; the look, with care, will be the ſame; ſtrain this Liquor, and let it ſtand to cool; the ſtronger you make your Jelly, the more Ingredients you may uſe; to make it Palatable, when it is ſettl'd, as it will be the next Day, take

off

off what is clear of the Hart's-horn, and of the Calf's-foot-Jelly; you muſt take off the Fat from the top, as well as leave the Droſs at the bottom; to this two quarts of ſtrong Jelly, you may put a pint of Rheniſh, and a quarter of a pint of Canary; beat up the Whites of five Eggs to a froth; ſtir all together with Sugar, to make it very ſweet; mix it well, and ſet it on the Fire, and ſtir it till it Melts and Curdles; then put in the Juice of five large Lemons, and a bit of the Peel; let this boil up, then pour it through your Jelly-bag, and paſs the firſt quart or two, over and over again, 'till 'tis perfectly Fine.

To make Almondnet, *or* White-Jelly.

BLANCH half a pound of Almonds, and beat them very fine, with a little Orange-flower-Water, juſt enough to keep them from Oiling; when they are pounded as ſmall as 'tis poſſible to do them, mix them up with ſome of your Jelly, that is not ſo much weaken'd with Wine and Lemon, this will colour a pint and half of the Jelly; paſs this through a very fine Hair Sieve, very often, and ſtir it 'till it grows thick, that the colour of the Almond may not ſettle to the bottom; pour it into pretty ſhaped Glaſſes, that it may look handſome, when turn'd out upon *China*-Plates. This

Jelly muſt be made very good taſted, tho' you may abate a little of the Wine, and Juice of Lemon; becauſe the Almonds ſupplies that want; and then being ſerv'd out of the Glaſſes, it wants ſtrength.

Lemon-Cream, *the beſt way.*

TAKE three ſmooth fair Lemons, pare them and ſqueeze out the Juice; cut the Peel in ſmall pieces, and put it to the Juice; for two or three Hours, cover it cloſe; and when it taſtes of the Peel, add to it the Whites of four Eggs, and the Yolks of two, beat this well with two ſpoonfuls of Orange-flower-Water, then put all theſe to a pint of fair Water, ſtrain it, and ſweeten it with Double-refin'd Sugar; ſet it over a gentle Fire, and ſtir it carefully, 'till 'tis as thick as Cream: Put it into your Jelly-Glaſſes.

To make Black-Caps, *the beſt way.*

TAKE a dozen and half of very large French-Pippins, or Golden-Runnets, cut them in half, and lay them with the flat ſide down to the Mazareen, which muſt be large; lay them ſingle, as cloſe by each other as they can lie; ſqueeze a large Lemon into two ſpoonfuls of Orange-flower-Water, and pour over them; ſhred Lemon-peel very fine, and ſhake between; and grate Double-refin'd

fin'd Sugar all over them; put them into a quick Oven, and they are done in half an Hour.

Almond-Cream.

TAKE half a pound of good Almonds, blanch and beat them very fine, with Orange-flower-Water; take a quart of Cream boil'd, cool'd and ſweeten'd, put the Almonds into it, and when they are mixt, ſtrain it through a Canvas, then ſtir it over the Fire, 'till it thickens, and pour it into Glaſſes; if you love it richly Perfum'd, put in a grain of Ambergreeſe.

To make Orange-Cream.

TAKE four Oranges, and grate the Peels into a pint of Water, then ſqueeze the Juice into the Water; beat the Yolks of four Eggs very well, and put into the Water; ſweeten it very well with double-refin'd Sugar; preſs all hard through a ſtrong Strainer, ſet it on the Fire, and ſtir it carefully all one way, 'till 'tis as thick as Cream; then pour it into your Glaſſes.

A very Rich Almond-Cream, *to Jelly.*

MAKE a very ſtrong Jelly of Hart's-horn; and that it may be ſo, put half a pound of good Hart's-horn to a quart and

half a pint of Water; let it boil away near half; ſtrain it off through a Jelly-bag; then have ready beaten to a very fine Paſte ſix ounces of Almonds, which muſt be carefully beat with one ſpoonful of good Orange-flower-Water, with ſix or eight ſpoonfuls of very thick ſweet Cream: then take near as much Cream as you have Jelly, and put both into a Skellet, and ſtrain in your Almonds, ſweeten it to your Taſte with Double-refin'd Sugar; ſet it over the Fire, and ſtir it with Care conſtantly 'till tis ready to boil; ſo take it off, and keep it ſtirring 'till it is near cold; then pour it into narrow-bottom'd Drinking-glaſſes, in which let it ſtand a whole Day: When you would turn it out, put your Glaſſes into warm Water for a Minute, and 'twill turn out like a Sugar-loaf. This is call'd *Steeple-Cream.*

To make Orange-Poſſet.

SQUEEZE the Juice of two *Sevil*-Oranges, and one Lemon, into a *China*-Baſon that holds about a quart; ſweeten this Juice like a Syrrup with Double-refin'd Sugar, put to it two ſpoonfuls of Orange-flower-Water, and ſtrain it through a fine Sieve; boil a large pint of thick Cream, with ſome of the Orange-peel in it cut thin: When 'tis pretty cool, pour it into the Baſon of Juice through a Funnel, which muſt be held as high

high as you can from the Baſon: It muſt ſtand a Day before you uſe it. When it goes to Table, ſtick Slips of Candy'd Orange, Lemon, and Citron-peel on the top.

Poſtatia-Cream, *very good.*

TAKE an ounce of the Kernels of *Poſtatia*-Nut, beat them ſmall with two ſpoonfuls of Orange-flower-Water, and four Yolks of Eggs; boil a quart of Cream, and mix all together: When the Cream is ſo cool it will not curdle the Eggs, thicken it over the Fire with great Care, and put it into your Glaſſes.

To make Fry'd Cream.

TAKE a quart of good new Cream, the Yolks of ſeven Eggs, a bit of Lemon-peel, a grated Nutmeg, two ſpoonfuls of Sack, as much Orange-flower-Water: Butter your Sauce-pan, and put it over the Fire; ſtir it all the while one way with a little white Whisk, and as you ſtir, ſtrew in Flower very lightly, 'till 'tis thick and ſmooth; then 'tis boil'd enough, and may be pour'd out upon a Cheeſe-plate or Mazareen; ſpread it with a Knife exactly even, about half an Inch thick, then cut it in Diamond-ſquares, and fry it in a Pan-full of boiling ſweet Suet.

To make a very good Barley-Gruel.

OF three ounces of Pearl-barley make a quart of Barley-water; ſhift it once or twice, if it is not white; put to it four ounces of Currants clean pick'd and waſh'd; when they are plumpt, pour the Gruel out to cool a little, and beat up the Yolks of three Eggs and put into it, with half a pint of White-wine, and half a pint of new thick Cream, the Peel of a Lemon, and as much Sugar as you like; ſtir it gently over the Fire 'till 'tis as thick as Cream. 'Tis a pretty wholſome Spoon-meat for Suppers.

To make the Thick Square Cream-Cheeſe, *as at* Newport.

YOU muſt get a Vat made a quarter and half high, the Bottom nor Top muſt not be faſtned in, it muſt be Four-ſquare, with Holes all over; then take two quarts of good thick Cream, two quarts of Stroakings, and a gallon of New-Milk, ſet it with Run-net as for common Cheeſe; when 'tis come, take out the Curd with a *China*-Saucer, and put it into the Vat, ſtrew a little clean dry Salt in two or three places as it is laid in; and as the Curd ſinks, fill up the Vat, 'till all the Cheeſe is in; preſs it as other Cheeſe: Let it ſtand in the Vat two or three Days,

'till

'till all the Whey is out, and turn'd often while 'tis in; ſalt it two Days: When you take it out, you muſt let it dry without rubing; and make it in *May*. If you deſire it exactly Four-ſquare, let the Vat be full a quarter and half high, and the Square want an Inch of a quarter.

To make a pretty ſort of Flummery.

PUT three large handfuls of Oat-meal ground ſmall, into two quarts of Fair-Water, let it ſteep a Day and Night; then pour off the clear Water, and put the ſame quantity of freſh Water to it; ſtrain it through a fine Hair-ſieve, and boil it 'till 'tis as thick as Haſty-pudding; ſtir it all the while, that it may be extremely ſmooth; (and when you firſt ſtrain it out, before you ſet it on the Fire, put in one ſpoonful of Sugar, and two of good Orange-flower-Water.) When 'tis boil'd enough, pour it into ſhallow Diſhes, for your Uſe.

To make Hart's-horn Flummery.

PUT a pound of Hart's-horn Shavings to three quarts of Spring-Water, boil it very gently over a ſoft Fire 'till 'tis conſumed to one quart; then ſtrain it through a fine Sieve into your Baſon, and let it ſtand 'till cold; then juſt melt it over the Fire, and put

to it half a pint of White-wine, a pint of new thick Cream, and four ſpoonfuls of Orange-flower-Water; ſcald your Cream, and let it be cold before you mix it with Wine and Jelly; put in double-refin'd Sugar to your Taſte, and then beat it all one way for an Hour and an half at leaſt; for if you are not thus careful in beating, 'twill neither mix nor look to pleaſe you. Let the Cups you pour it into be dipp'd in clean Water; for if they are dry, it will not turn out well: Keep it in the Cups a Day before you uſe it. When 'tis ſent to Table, you muſt turn it out, and ſtick it all over the top with blanch'd Almonds cut in Slips. Eat it in Cream, or Wine, which you like beſt.

A Whipt Sillibub, *Extraordinary.*

TAKE a quart of Cream, and boil it, let it ſtand 'till 'tis cold; then take a pint of White-wine; pare a Lemon thin, and ſteep the Peel in the Wine two Hours before you uſe it; to this add the Juice of a Lemon, and as much Sugar as will make it very ſweet: Put all this together into a Baſon, and whisk it all one way 'till 'tis pretty thick: Fill your Glaſſes, and keep it a Day before you uſe it; 'twill keep good three or four Days. Let your Cream be full Meaſure, and your Wine rather leſs. If you like it Perfum'd, put in a grain or two of Amber-greeſe.

Panada,

Panada, *for a Sick or Weak Stomach.*

PUT the Crumb of a Peny White-Loaf grated into a quart of cold Water, ſet both on the Fire together, with a blade of Mace: When 'tis boiled ſmooth, take it off the Fire, and put in a bit of Lemon-peel, the Juice of a Lemon, a Glaſs of Sack, and Sugar to your Taſte. This is very Nouriſhing, and never offends the Stomach. Some ſeaſon with Butter and Sugar, adding Currants, which on ſome Occaſions are proper; but the firſt is the moſt grateful and innocent.

To make Sagoe.

PUT an ounce of Sagoe to a pint of Water that has been boil'd and is cold, ſtir it carefully 'till 'tis thick; ſeaſon it with three ſpoonfuls of Sack or White-wine, a bit of Lemon-peel, and the Juice of a Lemon. Sweeten it to your Taſte.

To make Salop.

PUT half an ounce of Salop to a pint of Water, ſtir it 'till 'tis thick; and ſeaſon it with Roſe-water, or Orange-flower-Water, or Sack: If you like it better, a little Juice of Lemon and Sugar. 'Tis good for Weak or Conſumptive People.

To

To make Orange-Marmalade, *very good.*

TAKE eighteen fair large *Sevil*-Oranges, pare them very thin, then cut them in halves, and ſave their Juice in a clean Veſſel, and ſet it cover'd in a cool Place; put the half-Oranges into Water for one Night, then boil them very tender, ſhifting the Water 'till all the Bitterneſs is out, then dry them well, and pick out the Seeds and Strings as nicely as you can; pound them fine, and to every pound of Pulp take a pound of double-refin'd Sugar; boil your Pulp and Sugar almoſt to a Candy-height: When this is ready, you muſt take the Juice of ſix Lemons, the Juice of all the Oranges, ſtrain it, and take its full weight in double-refin'd Sugar, all which pour in to the Pulp and Sugar; and boil the whole pretty faſt 'till it will Jelly. Keep your Glaſſes cover'd, and 'twill be a laſting wholſome Sweet-meat for any Uſe.

Lemon-Cakes.

TAKE a pound of double-refin'd Sugar, beat and ſift it very fine, wet it with Juice of Lemon, boil it almoſt to a Candy-height, then drop it on Plates; ſet it in a warm place, 'till they will ſlip off the Plates.

They

They are grateful, and proper to quench Thirſt. You may ſhred the Peel very fine, and boil up with one half, if you like it; but add freſh Juice with that, or 'twill be too thick to drop neatly.

Orange-Chips.

CUT off the Peels of very fine Oranges, not too thin, boil them in a large quantity of Water, ſhifting them often, that they may not be bitter: When they are tender, dry them, and take their weight in double-refin'd Sugar; boil the Chips and Sugar, when wet, to a Candy, 'till the Sugar be almoſt conſumed; Lay them thin on Plates, to dry.

Jelly *of* Currants.

TAKE your Currants and ſtrip them from the Stalks into a Gally-pot, which Pot you muſt put into a Kettle of Water over the Fire 'till they be enough; ſtrain them through a Flannel Jelly-bag, but don't ſqueeze it; add to the Liquor its weight in double-refin'd Sugar, boil both up for a quarter of an Hour very gently, then put it into Glaſſes.

Apricock-Chips.

TAKE the weight of the whole Apricocks in double-refin'd Sugar, then ſlice them the long-way, but don't pare them; boil your Sugar to a thin Candy, then put the Fruit in, and let them ſtand on the Fire 'till ſcalding-hot; lay them thin on Plates, and ſet them in the Sun to dry, when they have lain one Night in the Liquor.

To Preſerve Apricocks *in* Jelly.

TO a pound of Apricocks, before they are ſtoned and pared, take a pound and a quarter of double-refined Sugar; ſtone and pare your Apricocks, and have your Sugar finely beat; as you pare them, lay ſome Sugar under and over them; When the Sugar is pretty well melted, ſet them on the Fire and boil them; keep ſome Sugar out to ſtrew on them in the boiling, to keep their Colour; and as the Scum riſes, take it off very clean, and ſometimes turn them with the Ladle, as you ſee occaſion: When they are tender, put them into Glaſſes. Add to your Syrrup a quarter of a pint of Pippin-liquor, and the weight of it in Sugar, and let it boil a-while; put it to your Apricocks: Let your Fire be quick; for the ſooner any White Sweet-meat is done, 'twill look the better. You may

may let the Liquor run through a Jelly-bag, if you would have it delicately clear.

Prawlins, *or Fry'd* Almonds.

TAKE a pound of the beſt *Jordan*-Almonds, rub them very clean from the Duſt: Take their weight in Loaf-Sugar, wet it with Orange-flower-Water, and boil it to a Syrrup; then throw the Almonds into it, and boil them to a Candy, conſtantly ſtirring 'till they are dry; then put them into a Diſh, and take away the looſe Bits and Knobs which will be about them: Put the Almonds again into the Preſerving-pan, and ſet them on a ſlow Fire, 'till ſome of their Oil comes from them into the bottom of the Pan.

To Preſerve Orange-Flowers.

PICK the Flowers, and little Oranges and Stalks apart, boil the Flowers in clear Water 'till they are tender; boil the little Oranges and Stalks alſo in ſeveral Waters, 'till the Bitterneſs be quite gone: To a pound of Flowers take three pounds of double-refin'd Sugar, wet the Sugar with Water, and boil it to a Syrrup; then drain the Flowers from their Water, and put them into the Syrrup, boil them a little, and put them into Glaſſes.

Cakes *of* Orange-Flowers.

TO a pound of Flowers take five pounds of double-refined Sugar; dip your Sugar in Water, and lay it in the Preſerving-pan to melt; pick the out-ſide Leaves off, boil the Flowers in Water 'till they are tender, and drain them well: While they boil, you muſt ſet your diſſolv'd Sugar on the Fire, and boil it to a thick Syrrup, and be ſure to let it ſtand to be cold, before you put in your Orange-Flowers; drop them nicely on Plates, in round Cakes, and dry them in the hot Sun, or a Stove.

A very good way to make Conſerve of Roſes.

MAKE a ſtrong Infuſion of Red Roſes, with Red-roſe-Water, as much as you think will boil the Quantity you intend to make; then take the freſh Buds of Roſes, and clip off all the white and withered Leaves; and boil theſe Buds in the infuſed Liquor, as ſoft as may be, 'till they are very tender, and as Red as they were at firſt; then take them out, and weigh them, and put twice the weight of Double-refin'd Sugar, and boil it again, with the Sugar, as faſt as can be, 'till it Jellies; when you take it out,

you

you may add either Amber, Pearl, Coral, Gold, or Spirit of Vitriol; theſe laſt Additions, are as well made, when 'tis uſed; becauſe 'tis good for many Diſtempers, and they may be ſuited to the Occaſion.

A Powder *for* Digeſtion.

TAKE a very large Nutmeg, the ſame weight in Mace, the ſame weight in Aniſeeds, and the weight of all the Ingredients of Angelica-ſeeds; bake all theſe in the middle of a ſmall brown Wheaten-Loaf; when 'tis enough, take out the Spice and Seeds, and beat them to a very fine Powder, with Powder of Crab's-Eyes, and double-refin'd Sugar, of each a like quantity, enough to make the Powder palatable; take as much as will lie on a Shilling, after every Meal. I have known it wonderfully relieve a windy, ſour, weaken'd Stomach; it muſt be continued a Month or two.

To Candy *any Sort of* Flowers.

TAKE the beſt treble-refin'd Sugar you can get, break it in Lumps, dip them piece by piece in Water; put them in a Silver Sauce-pan, or Baſon, melt them over the Fire; when it juſt boils, ſtrain it through a Muſlin, and ſet it on the Fire again, and let it boil, 'till it draws in Hairs, which you may

may see by holding up your Spoon; then put in the Flowers, of any Sort, and set them in Cups, or Glasses, and when 'tis of a hard Candy, break it in Lumps, and lay it as high as you please: Dry it in a Stove, or the Sun, and 'twill look like Sugar-candy.

Thick Ginger-bread.

A Pound and half of Flower, takes up one pound of Treacle, almost as much Sugar, an ounce of beat Ginger, two ounces of Carraway-seeds, four ounces of Citron, and Lemon-peel Candy'd, the Yolks of four Eggs; cut your Sweet-meats, mix all; and bake it in large Cakes, on Tin-plates.

Wafers.

DRY your Flower, and make it into a thick Batter with Cream, put in Mace very fine beat, a little Sugar to your Taste; Butter your Irons, and let them be hot, then put in a Tea-spoonful of the Batter; so bake them with care, and roll them off the Iron, on a small Stick.

A good Sort of Portugal Cakes.

TAKE a pound of new Butter, and six Eggs, leaving out two Whites; then work it together with your Hand, 'till the

Eggs

Eggs are perfectly mixt in the Butter; to this put one pound of Loaf Sugar sifted, a pound of fine Flower dry'd, half a pound of Currants, a little beaten Mace, mix all together; Butter the Pans; fill and bake them in an Oven that won't colour a White Paper.

A Carraway-Cake, *without Yeast.*

TAKE five pound of Flower, and four pound of Single-refin'd Sugar beat, and finely sifted, mix this with a pound and half of Carraway-seeds; to this Quantity, you must take four pound of Butter, which must be work'd in eight spoonfuls of Orange-flower-Water, 'till 'tis perfectly mix'd, and looks like Cream; break twenty Eggs, but half of the Whites, beat them well; and in beating, add six spoonfuls of Sack, strew in the Flower, Sugar, and Seeds, by little and little, into the Eggs and Butter, with a pound of Candy'd Citron, Lemon and Orange-peel: Let the first fierceness of your Oven be over, before you put the Cake in, for fear of scorching; for the Oven must be hot, and you must keep beating your Cake, 'till it goes into the Hoop, which must be just as the Oven is ready. *Note*, That half a pound of the Carraway-seeds may be omitted.

An excellent Plumb-Pudding.

TAKE one pound of Suet, ſhred very ſmall and ſifted, one pound of Raiſons ſton'd, four ſpoonfuls of Flower, and four ſpoonfuls of Sugar, five Eggs, but three Whites; beat the Eggs with a little Salt: Tie it up cloſe, and boil it four Hours at leaſt.

To make Stone Cream.

TAKE a pint and half of thick Cream, boil in it a blade of Mace, and a ſtick of Cinamon, and ſix ſpoonfuls of Orange-flower-Water, ſweeten it to your Taſte, and boil it 'till thick; then pour it out and keep it ſtirring 'till 'tis almoſt cold; then put in a ſmall ſpoonful of Runnet, and put into your Cups or Glaſſes: Make it three or four Hours before you uſe it; 'tis good.

To make Cracknels.

TO a quart of Flower, take a pound of Butter, half a Nutmeg grated, the Yolks of four Eggs beat, with four ſpoonfuls of Roſe-Water; put the Nutmeg and Eggs into the Flower, and wet it into a ſtiff Paſte, with cold Water; then roll in the Butter and make them into ſhape; put them into a Kettle

Kettle of boiling Water; when they ſwim, take them out with a Skimmer, and put them into cold Water; when they are harden'd, lay them out to dry, and bake them on Tin-plates.

A very good Seed Cake.

TAKE a quarter of a peck of fine Flower, and dry it before the Fire, with three quarters of a pound of Sugar, beat a quarter of a pound of Almonds, to keep them from Oiling, pour in two ſpoonfuls of Orange-flower-Water, as you beat them, and mix this with the Flower and Sugar, put in the full weight of a pound and half of Butter; rub in one half dry, and melt the other in a full pint of Cream; before you begin to mix, put a pint of good Ale-yeaſt, to half a pint of Sack, and let it riſe before the Fire; let your Butter and Cream juſt melt over a gentle Fire, and when 'tis pretty cool, make a hole in the middle of your Flower, and pour in the Cream and Butter, the Sack and Yeaſt, with nine Eggs, leaving out four Whites; beat and ſtrain your Eggs, and mix all well together, and ſet it to the Fire to riſe: When 'tis ready to put into the Hoop, mix in a pound and half of ſmooth Carraways, with half a pound of Citron, Orange and Lemon-peel Candy'd; cut this in long bits, and ſtrew it in the middle of your Cake: You

may put more Sweetmeats, and Ice it, if you desire it very rich.

The London-Wigs.

TAKE a quarter of a peck of Flower, put to it half a pound of Sugar, and as much Carraways, smooth or rough, as you like; mix these and set them to the Fire to dry, then make a pound and half of Butter hot over a gentle Fire; stir it often, and add to it near a quart of good Milk or Cream; when the Butter is melted in the Cream, pour it into the middle of the Flower, and to it pour a little Sack, and full a pint and half of very good Ale-yeast; let it stand before the Fire to rise, before you lay them on your Tin-plates to bake.

Egg Minc'd-Pyes.

TAKE six Eggs, boil them very hard, and shred them small: shred the double quantity of good Suet very fine; put Currants neatly wash'd and pick'd, one pound or more if your Eggs were large; the Peel of one Lemon very fine shred, half the Juice, and five or six spoonfuls of Sack, Mace, Nutmeg, Sugar, and a little Salt; Candy'd Citron, or Orange-peel, if you would have them rich.

An extraordinary Plumb-Cake.

TAKE ſeven pound of fine Flower, and two pound and half of Butter; put the Butter into the Flower; ſeven pound of Currants, and two large Nutmegs, with half an ounce of Mace, and a quarter of an ounce of Cloves, all finely beat and grated; one pound of Sugar, ſixteen Eggs, leaving out four Whites, put in a full pint and half of Ale-yeaſt: warm as much Cream as you think will wet it, and pour Sack to your Cream, to make it as thick as Batter; beat alſo one pound of Almonds, with Sack and Orange-flower-Water; but don't let them be fine, but groſly beat; put in a pound of Candy'd Orange, Lemon and Citron-peel, or more, if you deſire it very rich; mix all and put it into your Hoop, with a Paſte under it to ſave the bottom. This was given by one of the niceſt Houſe-wives in *England*; and is as good as ever was made.

Iceing *for the* Cake.

TAKE the Whites of five Eggs, whipt up to a froth, and put a pound of Double-refin'd Sugar ſifted, a grain of Ambergreeſe, and three ſpoonfuls of Orange-flower-Water; whip it all the while the Cake is in the Oven; when it comes out of the

Oven, Ice it; but ſet it in no more: Leave out the Perfume, if it be offenſive.

Lemon *or* Chocolate-Puffs.

TAKE half a pound of Double-refin'd Sugar, finely beat and ſifted, grate into it the yellow rind of a very fair large Lemon; then whip up the White of an Egg to a froth, and wet it with this froth, 'till 'tis as ſtiff as good working Paſte, lay it on Papers and bake it in a very ſlow Oven; lay ſome round and ſome long: If you make Chocolate, grate about an ounce as you did the Peel.

Almond-Puffs.

BEAT two ounces of blanch'd Almonds, with a quarter of a pint of Orange-flower-Water, and ſifted Sugar, till they are fine; whip up the Whites of three Eggs, and mix them with Almonds, Sugar, and Orange-flower-Water; then add as much ſifted Sugar, as will make it into Paſte; lay it in Cakes, and bake it in a cool Oven.

The Right Dutch-Wafer.

TAKE four Eggs, and beat them very well, then take a good ſpoonful of fine Sugar, one Nutmeg grated, a pint of Cream,

Cream, and a pound of Flower, a pound of Butter melted, two or three ſpoonfuls of Roſe-water, and two good ſpoonfuls of Yeaſt; mix all well together, and bake them in your Wafer-tongs on the Fire. For the Sauce, take grated Cinamon, Sack, and melted Butter, ſweeten'd to your Taſte.

To make Ratafia-Cakes.

TAKE eight ounces of Apricock-Kernels, or if they cannot be had, Bitter-Almonds will do as well, blanch them, and beat them very fine with a little Orange-flower-Water, mix them with the Whites of three Eggs well beaten, and put to them two pounds of ſingle-refin'd Sugar finely beaten and ſifted; work all together, and 'twill be like a Paſte; then lay it in little round Bits on Tin-plates flower'd, ſet them in an Oven that is not too hot, and they will puff up and be ſoon baked.

The Nuns-Bisket.

TAKE the Whites of ſix Eggs, and beat them to a Froth; take alſo half a pound of Almonds, blanch and beat them with the Froth of the Whites of your Eggs as it riſes; then take the Yolks, with a pound of fine Sugar, beat theſe well together, and mix your Almonds with your Eggs and Sugar;

then put in a quarter of a pound of Flower, with the Peel of two Lemons grated, and ſome Citron finely ſhred; bake them in little Cake-pans in a quick Oven, and when they are colour'd, turn them on Tins, to harden the Bottoms; but before you ſet them in the Oven again, ſtrew ſome double-refin'd Sugar on them finely ſifted. Remember to Butter your Pans, and fill them but half.

Pancakes, *very Good.*

TAKE a pint of thick Cream, three ſpoonfuls of Sack, and half a pint of Flower, ſix Eggs, (but three Whites,) one grated Nutmeg, a quarter of a pound of melted Butter, a very little Salt, and ſome Sugar; fry theſe thin in a dry Pan.

To make Good Fritters.

MIX half a pint of good Cream very thick with Flower, beat ſix Eggs, leaving out four Whites, and to the Eggs put ſix ſpoonfuls of Sack, and ſtrain them into the Batter; put in a little grated Nutmeg, Ginger, and Cinamon, all very fine, alſo a little Salt; then put in another half pint of Cream, and beat the Batter near an Hour: pare and ſlice your Apples thin, dip every Piece in the Batter, and throw them in a Pan-full of boiling Lard.

A Spinnage-Tart, *very Good.*

TAKE ſix handfuls of Spinnage, waſh it clean, and dry it, pick it clean from Stalks, and the hard Rib that goes up the middle of the Leaf, ſhred it extremely fine as 'tis poſſible to be; put to it a pint of grated Bread the lighteſt you can get, a pint of very thick Cream, nine Eggs, (but four of the Whites,) three ſpoonfuls of Orange-flower-Water, a little Salt, and Sugar to your Taſte; it ought to be pretty ſweet: If with your Orange-flower-Water you beat up two ounces of blanch'd Almonds, 'tis an incomparable addition to the Taſte. Garniſh the Brim of your Diſh with Paſte, and lay Slips croſs the Top. Thus you may make *Couſlip-Tart*; but that being not ſo Juicy, will bear beating in a Mortar. Heat it with Care before it be put into the Diſh.

An Almond-Tart, *very Good.*

TO half a pound of Almonds blanch'd, and very finely beat with Orange-flower-Water, put a pint of thick Cream, two large *Naples*-Biskets grated, and five Yolks of Eggs, near half a pound of Sugar; put all into a Diſh garniſh'd with Paſte, and lay Slips in Diamonds croſs the Top; bake it in a cool Oven, and when it comes out

out ſtick Slips of Candy'd Citron in each Diamond.

To Preſerve Golden-Pippins, *the beſt Way.*

TAKE to a pound of Apples a pound of double-refin'd Sugar, and a pint of clear Spring-Water, ſet it on the Fire; neatly pare the Pippins, and take out the Stalks and Eyes, put them into the Sugar and Water, cover them cloſe, and let them boil as faſt as you can half a quarter of an Hour; then take them off a little to cool; then ſet them on again to boil as faſt and as long as they did before; do this three or four times, 'till they are very clear: Cover them very cloſe, 'till you make the following Jelly for them.

Codlin *or* Pippin-Jelly.

SLICE a pound of Codlins or Pippins into a pint of clear Spring-Water, let them boil 'till the Liquor takes all the Taſte of the Fruit; then ſtrain it out, and to a pint of this Liquor take a pound of double-refin'd Sugar boil'd to Sugar again; then put in your Codlin-liquor, boil it a little together as faſt as you can; then put in your Golden-Pippins, boil them up faſt for a little while; juſt before the laſt boiling, ſqueeze in the Juice of a Lemon; boil it up quick once more;

more; take great care they do not loſe Colour: Take the Pippins out, and put them into the Glaſſes with the Jelly. This is the moſt grateful Way that ever was invented to Preſerve them.

To make Raiſon Elder-Wine.

TAKE ſix gallons of Water, and boil it half an Hour; and when 'tis boil'd, add to every gallon of Water five pounds of *Malaga*-Raiſons ſhred ſmall; pour the Water boiling-hot upon them, and let it ſtand nine Days, ſtirring it twice a Day: Boil your Berries as you do Currants for Jelly, and ſtrain it as fine; then add to every gallon of Liquor a pint of Elder-berry-Juice: When you have ſtirr'd all well together, ſpread a Toaſt on both ſides with Yeaſt, let it work a Day and a Night, then put it into a Veſſel, which be-ſure to fill as it works over; ſtop it cloſe when it has done working, 'till you are ſure 'tis fine, then bottle it.

Another, very Wholſome.

TO every gallon of pick'd Elder-berries put a full gallon of Water, boil them together 'till the Berries are tender, then ſtrain it off through a fine Sieve; let what will run through, but don't preſs the Berries; to every gallon of the Liquor put two full pounds

pounds of good *Lisbon*-Sugar: This ſort for preſent Drinking. What you deſign to keep ſome Years, muſt have two pounds and a half of Sugar; boil the Liquor and Sugar together, and ſcum it clean in the boiling as long as any will riſe; when cool, work it with Yeaſt for a Night and a Day; put it into the Veſſel, and when it has done working, ſtop it cloſe for five or ſix Months; Bottle it then, if fine. This ought to be the conſtant Drink for all Gouty People: If well boil'd and workt, it never ferments in the Bottle or Stomach.

Quince-Wine.

CLEAN the Quinces with a coarſe Cloth, then grate them on large Graters; then ſqueeze them through a Linen-Strainer, to clear it from the groſs thickneſs; then ſqueeze it through a Flannel-Strainer, to clear it from all the Thick that remains: To every gallon of this Liquor put two pounds of ſingle Loaf-Sugar; let it diſſolve, and pour it off ſeveral times, as it ſettles to the bottom; do this a Night and a Day: When 'tis fine, put it into your Veſſel, but don't ſtop it down for a Week, nor Bottle it in ſix Months; then you may, if 'tis perfectly fine; if not, draw it into another Veſſel, and ſtop it up again.

Be ſure to put all *Engliſh* Wines into cool Cellars.

Orange-

Orange-Wine.

TO ſix gallons of Spring-Water put twelve pounds of ſingle-refin'd Sugar, the Whites of four Eggs well beaten, put theſe to the Water cold; then let it boil three-quarters of an Hour, taking off the Scum as faſt as it riſes: When 'tis cold, put in ſix ſpoonfuls of Yeaſt, and ſix ounces of Syrrup of Lemon, beaten together; put in alſo the Juice and Rind of fifty large Oranges thin pared, that no White-part nor any of the Seeds go in with the Juice, which ſhould be ſtrained: Let all this ſtand two Nights and two Days in an open Veſſel, or large Pan, then put it into your cloſe Veſſel, and in three or four Days ſtop it down: When it has ſtood three Weeks thus, draw it off into another Veſſel, and add to it two quarts of Rheniſh or White-wine; then ſtop it cloſe again, and in a Month or Six Weeks 'twill be fine enough to Bottle, and to drink in a Month after.

Birch-Wine, *as made in* Suſſex.

TAKE the Sap of Birch freſh drawn, boil it as long as any Scum ariſes; to every gallon of Liquor put two pounds of good Sugar; boil it half an Hour, and ſcum it very clean: when 'tis almoſt cold, ſet it with

with a little Yeaſt ſpread on a Toaſt; let it ſtand five or ſix Days in an open Veſſel, ſtirring it often; then take ſuch a Cask as the Liquor will be ſure to fill; and fire a large Match dip'd in Brimſtone, and put it into the Cask, and ſtop in the Smoak, 'till the Match is extinguiſh'd, always keeping it ſhook, then ſhake out the Aſhes, and as quick as poſſible pour in a pint of Sack or Rheniſh, which Taſte you like beſt, for the Liquor retains it; rince the Cask well with this, and pour it out: Pour in your Wine, and ſtop it cloſe for ſix Months, then, if 'tis perfectly fine, you may bottle it.

Black-Cherry-Wine.

BOIL ſix gallons of Spring-Water one Hour, then bruiſe twenty-four pounds of Black-Cherries, but don't break the Stones; pour the Water boiling-hot on the Cherries, ſtir the Cherries well in the Water, and let it ſtand twenty-four Hours; then ſtrain it off, and to every gallon put near two pounds of good Sugar, mix it well with the Liquor, and let it ſtand one Day longer; then pour it off clear into the Veſſel, and ſtop it cloſe: Let it be very fine before you draw it off into Bottles.

Sage-Wine, *very Good.*

TO twenty-eight pounds of *Malaga*-Raiſons, pick'd and ſhred, have twenty-eight quarts of Spring-Water well boil'd, but let it be cool as Milk from the Cow before you pour it on the Raiſons; then put in half a Buſhel of Red-Sage groſly ſhred; ſtir all together, and let it ſtand ſix Days, ſtirring it very well every Day, and cover it as cloſe as you can; then ſtrain it off, and pour it into your Veſſel; it will ſoon be fine, but you may add two quarts of Sack or White-wine to fine it: Raiſons of the Sun will do as well as *Malaga*, if they cannot be had.

Cherry-Wine, *as in* Kent.

WHEN your Red-Cherries are full ripe, ſtrip them from the Strigs, and ſtamp them, as Apples, 'till the Stones are broke, then put it into a Tub, and cover it up cloſe for three Days and Nights; then preſs it in a Syder-preſs, and put your Liquor again into a Tub, and let it ſtand cloſe cover'd two Days more; then take off the Scum very carefully, for fear of joging, and pour it off the Lees into another Tub, and let it ſtand to clear two Days more, then ſcum and pour it off, as before. If your Cherries were full ripe and ſweet, put only a pound and a half

a half of good Sugar to each gallon of Liquor; ſtir it well together, and cover it cloſe, and ſtir it no more 'till the next Day, then pour it carefully off the Lees, as before; let it ſtand again, and do the ſame the next Day into the Veſſel you keep it in: You may repeat this oftner, if you ſee the Lees are groſs, and like to make it fret. When 'tis ſettled, ſtop it up 'till ſeven or eight Months are paſt; then, if 'tis perfectly fine, bottle it; if not, draw it off into another Veſſel, and ſtop it up as much longer: 'Twill keep Seven Years, if Bottl'd fine, and had not beſt be drank 'till 'tis a Year old. Our *Engliſh* Wines want only Age, to equal, if not exceed all Foreign Liquors.

Raſberry-Wine, *very Good.*

TO every quart of Fruit, you muſt pour, boiling-hot, a quart of Water; cover it very cloſe, and let it ſtand twenty-four Hours; then ſtrain it, and to three quarts of Liquor put two pounds of good Sugar; ſtir it together, and ſpread a Toaſt with Yeaſt; ſet it to work, and pour it off the Lees; put it into your Veſſel, and when it has quite done working, ſtop it up: If 'tis fine in ſix or ſeven Months, you may Bottle it, and keep it a Year in Bottles.

Note, You muſt at firſt watch all Wines: And if you find them Fret, continue to Fine them

them off the Lees every Day, for ſome Time, as faſt as any ſettles.

White Mead, *very Good.*

TO every gallon of Water put a pint of Honey, and half a pound of Loaf-Sugar; ſtir in the Whites of Eggs beat to a Froth, and boil it as long as any Scum ariſes: When 'tis cold, work it with Yeaſt, and to every gallon put the Juice and Peel of a large Lemon: Stop it up when it has done working, and Bottle it in ten Days.

To make Apricock-Wine, *Incomparable.*

TO two gallons of Spring-Water take eight pounds of ripe Apricocks, ſlice them into the Water, and add to both five pounds of Loaf Sugar; let all boil, and be nicely ſcum'd as faſt as it riſes, but let it boil ſome time before you begin to ſcum; take your Scum off into a clean Sieve, and ſet it in a Pot, to ſave what Liquor comes from it: When the Wine is clear as you can make it from the Droſs of the Sugar, pour it hot upon the Kernels, which muſt be crack'd, and put, with the Shells, into the Pan you deſign the Liquor to cool in; ſtir it together, and cover it 'till cool, then work it with a Toaſt and Yeaſt;

and in two or three Days, when 'tis ſettled, fine it off into your Veſſel; let it work as long as it will: When it has done working, pour in a Bottle of Rheniſh or ſmall White-wine, and ſtop it up for ſix Months; then, if very fine, Bottle it, and keep it a Twelve-month longer.

Damſon-Wine.

TO every gallon of Water put two pounds and half of Sugar, which you muſt boil and ſcum three-quarters of an Hour; and to every gallon put five pints of Damſons ſtoned; let them boil 'till 'tis of a fine Colour, then ſtrain it through a fine Sieve; work it in an open Veſſel three or four Days, then pour it off the Lees, and let it work in that Veſſel as long as it will; then ſtop it up for ſix or eight Months, when, if fine, you may Bottle it: Keep it a Year or two in Bottles.

Cowſlip *or* Marigold-Wine.

TO every gallon of Water take two pounds and a half of Sugar, boil this an Hour, and ſcum it very well, and pour it boiling-hot upon the Yellow Tops of either ſort of Flowers: To every gallon of the Liquor put half a peck of Flowers nicely cut; let this ſteep all Night, and to each gallon ſqueeze in two

two or three Lemons, with a piece of Peel cut thin: When these have steep'd a Night and a Day, work it with a Toast and Yeast: When you put it in your Vessel, pour it from the Settlement; and when it has work'd as long as it will, pour into every gallon one pint of Rhenish or White-wine. If 'tis fine in six Months, you may Bottle it, but 'tis best to drink at three or four Years old. Either Sort is Cordial, Wholsome, and Pleasant.

To Improve Syder, *and make it perfectly Fine.*

WHEN 'tis first made, put into a Hogshead six ounces of Brimstone in the Stone to Colour it; put a gallon of good *French*-Brandy highly tinctur'd with Cochineal; beat one pound of Allum, and three pounds of Sugar-candy fine, and put it in when you stop it up: When 'tis fine, Bottle it, which will be in six Months. This great Secret is successfully practis'd by the *Herefordshire* Artists.

To make Milk-Punch.

TO two quarts of Water put two quarts of good *French*-Brandy, a dozen and a half of Lemons, three-quarters of a pound of

double-refin'd Sugar, and three pints of New Milk; mix all together, and ſtrain it through a Jelly-bag; put it up often, 'till it looks perfectly clear and fine. You muſt make it a Day or two before you uſe it; for it will not keep long Bottled.

To make Strong Mead.

TO four gallons of Water put eighteen pounds of Honey; beat the Whites of four Eggs, ſtir them in with the Honey 'till it be all melted; ſcum it well as long as it boils, and be ſure it boil an Hour and a half: If you like the Taſte, you may put a ſprig of Roſemary in the boiling: When it is cold, work it with a Toaſt ſpread with Yeaſt; and when you put it into the Veſſel, hang therein one Nutmeg, the weight of that in Mace, and the ſame quantity in Cloves, with four Races of Ginger, in a bit of Muſlin; the Spice muſt be beaten: put in the Peel of two Lemons. When it has done working, ſtop it up, and let it ſtand ſix Months before you Bottle it.

To make Gooſe-berry-Wine.

TO four pound of Gooſe-berries full ripe put a quart of Water, and to every gallon of Water put four pound of Sugar; bruiſe

bruiſe the Gooſe-berries well, and let them ſtand in the Water two Days, ſtirring it twice or thrice a Day, and then ſtrain it through a fine Hair-bag; then put in the Sugar, and ſtir it very well 'till it is melted: When it is well mix'd, cover it, and let it ſtand a-while; then ſtrain it through a Flannel Bag into the Veſſel: When it has done working, ſtop it cloſe, and let it ſtand ſix Weeks, or two Months, and if fine, Bottle it.

Nothing of Braſs muſt be us'd about any Wine.

To make Elder-flower-Wine.

TO twelve gallons of Water put thirty pounds of ſingle Loaf-Sugar, boil it 'till two gallons be waſted, ſcumming it well; let it ſtand 'till it be as cool as Wort, then put two or three ſpoonfuls of Yeaſt; when it works, put in two quarts of Bloſſoms, pick'd from the Stalks, ſtirring it every Day 'till it has done working, which will not be under five or ſix Days; then ſtrain it, and put it into the Veſſel: After it is ſtopt down let it ſtand two Months, and then, if fine, Bottle it.

To make Ratafia.

TO every gallon of Brandy put a quart of the beſt Orange-flower-Water, and a quart of good *French* White-wine; you muſt alſo take care your Brandy be right and good; to each gallon of Brandy you muſt likewiſe put four hundred Apricock-Stones, and a pound and a quarter of White Sugar-candy; juſt crack the Stones, and put them in, Shells and all, into a large Bottle, which muſt be very cloſe ſtopt, and ſeal'd down; let it ſtand in the Sun for ſix Weeks; take it in every Night, and in wet Weather, and ſhake it when you take it in, or ſet it out: After this is done, you muſt let it ſtand to ſettle, and rack it off 'till 'tis perfectly fine.

Cinamon-Water, *very Good.*

IN two gallons of extraordinary Brandy ſteep a pound of good Cinamon bruiſed, there let it lie three or four Days; then put it into your Limbeck, with two quarts of Cold-ſtill'd Plantain-water; you may draw as much off as you put in; and with a quart of the Smalleſt boil up two pound and an half of double-refin'd Sugar: When 'tis cold, mix all together for your Uſe. 'Tis a noble Cordial.

A Cordial Orange-Water.

TAKE three quarts of good Brandy, and the Rinds of a dozen and a half of Oranges, pare them very thin, that none of the White go in, let them ſteep in the Brandy three Days and Nights cloſe ſtopt; then take five pints of Fair-Water, and a pound and a half of double-refin'd Sugar: Boil this Syrrup half an Hour, and ſcum it as any riſes; then ſtrain it through a Jelly-bag, and let it ſtand 'till cold; then mix it with the Brandy, which muſt be firſt pour'd from the Peels, and ſettled: Keep it for Uſe.

Thus you may do *Lemons*, which is a pleaſanter Cordial.

To make Citron-Water.

TAKE Citrons and pare off the outward Rinds half a Finger thick, ſlice 'em thin; and take the Citron Kernels, ſlice them in as you think fit; put as much good Sack as will cover them over the top; put all into a Stone-Jug, and ſtop it very cloſe; let it ſtand in a Cellar five Days, then diſtil it in a Glaſs-Still; let it run into a Bottle wherein is fine Sugar-candy in Powder and Ambergreeſe: Draw off in ſeveral Runnings, and mix it as you like.

To make Spirit of Clary.

TAKE a gallon of good Sack, a pint of the Juice of Clary, a pound of Clary-flowers, as many Clove-July-flowers, and half as many Arch-angel-flowers, as many Comfry-flowers, and as many Flowers of Lillies of the Valley; let theſe ſteep in the Sack all Night, then put it into a Glaſs-Still; the ſofter it diſtils, the ſtronger 'twill be: You muſt have great care to keep in the Spirits, by paſting the Still every-where; let it drop through a Bag of good Ambergreeſe upon as much ſifted White Sugar-candy as you think will ſweeten it. 'Tis a very high Cordial.

To make Spirit of Carraways.

TO a quart of true Spirit of Sack put two pounds of good ſmooth-ſugar'd Carraways, bruiſe them, and put them into a Bottle, with a grain of the beſt Ambergreeſe; pour the Spirit on them, and ſeal the Cork very cloſe; ſet it in the Sun for a Month; ſtrain it off, and keep it always cloſe ſtopt for Uſe. One Spoonful does often give Eaſe in the Cholick.

A Cordial Black-Cherry-Water, *very Good.*

TAKE two quarts of ſtrong Claret, and four pounds of Black-Cherries full ripe, ſtamp them, and put them to the Wine, with one handful of Angelica, one handful of Balm, and as much Carduus, half as much Mint, and as many Roſemary-flowers as you can hold in both your Hands, three handfuls of Clove-July-flowers, two ounces of Cinamon cut ſmall, one ounce of Nutmegs; put all theſe into a deep Pot, let them be well ſtirred together, then cover it ſo cloſe that no Air can get in; let it ſtand one Day and a Night; then put it into your Still, which you muſt alſo paſte cloſe; and draw off as much as runs good; ſweeten it with Sugar-candy to your Taſte. 'Tis good in any Melancholy, or for the Vapours.

A very Rich Cherry-Cordial.

TAKE a Stone-Pot that has a broad Bottom, and a narrow Top, and lay a Layer of Black-Cherries, and a Layer of very fine powder'd Sugar; do this 'till your Pot is full: Meaſure your Pot, and to every gallon it holds put a quarter of a pint of true Spirit of Wine. You are to pick your Cherries clean from

from Soil and Stalks, but not waſh them. When you have thus fill'd your Pot, ſtop it with a Cork, and tie firſt a Bladder, then a Leather over it; and if you fear it is not cloſe enough, pitch it down cloſe, and bury it deep in the Earth ſix Months, or longer; then ſtrain it out, and keep it cloſe ſtopt for your Uſe. 'Twill Revive, when all other Cordials fail.

A COL-

A COLLECTION OF RECEIPTS IN *Physick* and *Surgery.*

Strong Palſey-Water.

TAKE the Spirits of five gallons of the beſt Old Sherry-Sack, diſtil'd in a Limbeck: Take Cowſlip-flowers, the Flowers of Burrage and Bugloſs, and of the Lillies of the Valley, of each one handful: Take alſo Roſemary-flowers, Sage and Betony-flowers, of each one handful: Take each Flower in their Seaſon, and ſo put into ſome of the Spirits aforeſaid,

aforesaid, in an open-mouth'd Glass of near a quart, for that will hold them all, with the Spirits, 'till you are ready to distil the Water; but this, and the rest of the Spirits, must be most carefully stopt 'till you use it: Take Lavender-flowers in their Season, strip them clean from their Stalks, and fill a wide-mouth'd gallon Glass with them; pour into them the remainder of your Spirits; then stop them close with Cork and Bladder, (as before) and let them stand six Weeks to digest in the Sun; then put all together, these and the first steep'd Flowers, with all the Spirits in both Glasses; Add also Balm, Motherwort, Spike-flowers, Bay-leaves, and Orange-leaves, if to be had, of each an ounce, cut small, and put to the former Flowers and Spirits: Distil all these together in a Limbeck; make three Runnings of it; first a quart Glass, which will be exceeding strong; then a pint Glass, which will be almost as good; lastly, receive from it a pint Glass-full, or as much as runs strong; for when it runs weak, which you may know by its Taste and Colour, which will be Whiter, let it run no longer: Put your three Runnings all together: Then take Citron-peel, the out-side Yellow Rind, or Lemon-peels thin pared, also Pine-seeds hull'd, of each six drams; of Cinamon one ounce; of Nutmegs, Mace, Cardamoms, Cucubies, and Yellow Sanders, each half an ounce; of

Lignum

Lignum Aloes one dram; make all theſe into a groſs Powder, putting among them alſo half a pound of Jujubes new and good, being ſtoned, and cut ſmall: Put all theſe Ingredients into a White Sarſnet-bag, to be hung in the Water aforeſaid: Take alſo of Prepared Pearls two drams; of Prepared Smaragd a ſcruple, Amber, Greate, Musk, and Saffron, of each one ſcruple; of Red Roſes well dried and ſweet one ounce: Theſe may be put in a little Bag by themſelves, and hung in the Spirit, as the other: Cloſe it well, that no Air gets in, for ſix Weeks; then take out the Water, and preſs the Bags dry; keep the Water in narrow-mouth'd Glaſſes cloſe ſtopt.

The Uſe of the Water.

'Tis ſo ſtrong and powerful, that it cannot be taken alone, but muſt be dropt on Crumbs of Bread and Sugar by any One, for Prevention: Take it firſt and laſt, and at Four in the Afternoon: Faſt always before and after it a full Hour at leaſt. 'Tis of exceeding virtue in all Swoonings, Weakneſs of Heart, and Decay'd Spirits, in all Palſeys, Apoplexies, both to help in, and prevent a Fit; 'twill alſo keep all Cold Diſpoſitions off the Liver, reſtores loſt Appetite, and fortifies and ſtrengthens the Stomach; 'twill alone cure a Dropſy, if taken at firſt, and the Patient be kept from Small and Cooling Liquors.

A ſecond Palſey-*Water, made upon the Ingredients of the firſt.*

WHEN the firſt Water has run what is Strong, there will be ſome Small Water at the bottom of the Limbeck; pour it out from the Herbs and Flowers, and drain them; put them into a gallon of the beſt Sherry, ſo let them ſtand cloſe ſtopt five Weeks; then diſtil them, and let it run as long as it continues ſtrong; then pour it into the Glaſs where the Sarſnet-bags are, and let them be in this ſecond Liquor cloſe ſtopt ſix Weeks; then you may uſe it, as the former, with Bread and Sugar: For tho' this is not ſo powerful as the former, 'tis too ſtrong to take alone. Both theſe are good to bathe Outwardly the Part affected with Weakneſs by Palſey, and generally helps any violent Pains or Aches that any Part is vexed with; but becauſe Bathing waſtes moſt, and this ſort is leſs coſtly, they commonly uſe this ſecond ſort for that.

A very good Snail-Water, *for a* Conſumption.

TAKE half a peck of Shell-Snails, wipe them and bruiſe them Shells and all in a Mortar; put to them a gallon of New Milk; as alſo Balm, Mint, Carduus, unſet Hyſſop,

Hyssop, and Burrage, of each one handful; Raisons of the Sun stoned, Figs, and Dates, of each a quarter of a pound; two large Nutmegs: Slice all these, and put them to the Milk, and distil it with a quick Fire in a cold Still; this will yield near four Wine-quarts of Water very good: You must put two ounces of White Sugar-candy into each Bottle, and let the Water drop on it; stir the Herbs sometimes while it distils, and keep it cover'd on the Head with wet Cloths. Take five spoonfuls at a time, first and last, and at Four in the Afternoon.

A Good Water *for the* Spleen; *a Cordial.*

TAKE four ounces of Hart's-horn, one ounce of Cardamoms, one ounce of Cinamon, one ounce of Saffron, two handfuls of Red Sage, as much Balm; steep these twenty-four Hours in two quarts of Sack, or as much good Brandy, which you please; distil it in a cold Still as quick as you can, and let it drop on four ounces of Sugar-candy. Drink of this when Low-spirited.

A Good Water *for the* Stone.

TAKE four quarts of White-Thorn-flowers, infuse them in two quarts of strong White-wine, with two ounces of Nut-

meg

meg ſliced; let theſe ſtand two Days, then diſtil it in a cold Still. Drink it with Sugar, or without, as you like beſt.

A Drink *for any* Inward Bruiſe *or* Wound.

TAKE one handful of each of the Herbs following, *viz.* Wormwood, Comfrey, Throatwort, Wood-Betony, Plantain, Mugwort, Bonewort, Scabious, Avens, Wild Honey-ſuckle, Egremony, Bramble-buds, Cinquefoil, Spearmint, Senacle, White-bottle, Ribwort, Daiſy-roots, Dandelion, Bugloſs, Hauthorn-buds: Put to theſe Herbs two quarts of White-wine, and a gallon of running Water, and boil it 'till it be half waſted; then ſtrain it, and add to it a quart of Honey; let that boil in the Liquor ſome time: When 'tis cold, Bottle it very cloſe, and keep it for Uſe. 'Twill keep many Years, and is neceſſary for all Families; two or three ſpoonfuls of it taken Morning and Night. 'Tis really good for Sores, Wounds, and Hurts New or Old, in Men, Women, and Children: Its Virtues of that kind are too long to mention: It has broke and brought away Inward Impoſthumes.

An Excellent Balsom, *called the* Fryers Balsom.

TAKE a quart of Spirit of Sack, infuse in it four ounces of Sarsaparilla cut short, two ounces of *China* sliced thin, one ounce of *Virginia* Snake-weed cut small; put all these in a two-quart Bottle, and set it in the Sun, shaking it twice or thrice a Day, 'till the Spirit be tinctur'd as Yellow as Gold; then clear off the Spirit into another Bottle, and put to it eight ounces of Gum Guaice; set it in the Sun, as before, shaking it very often, 'till all the Gum be dissolv'd, except Dregs, which will be in ten or twelve Days; then clear it a second time from the Dregs, and put to it one ounce of Natural Balsom of *Peru*; shake it well together, and set it in the Sun for two Days; then put in one ounce of Balm of *Gilead*; shake all well together once more, and set it in the Sun for a Fortnight; 'tis then fit for Use, and will keep many Years. Its Virtues are too long to insert: 'Tis good to take Inwardly in most Distempers, and proper for all Sores or Wounds, by pouring in some Drops, and binding Lint thereon. The Dose, taken Inwardly, is from half a spoonful to a whole one, in Sugar, or any Liquid Vehicle, for Consumptions, or any Inward Ulcer: Use moderate Exercise with it.

An Oyl *for any* Bruiſe *or* Wound.

TAKE of the tender Tops of the Bay-Tree, Red-Sage, Lavender, Worm-wood, Plantain, Rue, Tormentil, Scabious, Comfrey, Broom, Rape, Oſman-royal, Southernwood, Camomil, Charity, St. John's-wort, Solaman-ſeal, Amber, Roſemary, Adders-ſpear, Golden-Rod, Herb-Robert, Ground-pine, Sanicle, and Bugle, of each one handful; ſhred all theſe very ſmall, and infuſe them in one quart of Oyl-Olive, and three pints of Neat-Oyl; ſtop them cloſe in a Glaſs Veſſel, and let them ſtand ten or twelve Days in the Heat of the Sun; ſtir them every Night when you take them in; After this, boil it over a gentle Fire 'till the Oyl is Green; then ſtrain it clear from the Herbs, and add to the Oyl again, half a handful of the Herbs, as before, ſhred, with one ounce of Oyl of Turpentine, one ounce of Natural-Balſom, and one ounce of Oyl of Worms: Digeſt all in the Sun, as before; boil and ſtrain it, and keep it cloſe ſtopt for Uſe. It muſt be made in *May*.

A Salve *for the* King's-Evil.

TAKE one pint of the beſt Sallad-Oyl, four ounces of Red-Lead finely pow-der'd, as much White-Lead, one ounce of Bees-

Bees-Wax thinly ſliced, of Frankincenſe and the beſt Maſtick each one ounce, of *Burgundy*-Pitch two ounces; let all be beaten; boil the Oyl and Leads ſome little time together over a gentle Fire; keep the Oyl ſtiring while you add the Wax; then boil theſe together for half an Hour, ſtiring it conſtantly: Take it off the Fire, and ſtir it 'till the Heat is abated; then add your Maſtick, and keep it from the Fire 'till it has done working: Boil it gently again, and put in your Frankincenſe, ſtiring it off the Fire, as you did before; Set it on again, and then add the *Burgundy*-Pitch, as before, with Care; then boil all together, 'till it look like Pitch; ſtir it 'till Cold: Leave your Stick in the Middle, and the next Day ſet it on the Fire to melt the Edges; then take it out, and keep it in an Oyl'd-Paper for Uſe. Let the Party afflicted ſpread a Plaiſter as big as the Swelling is, and apply: If it gather to a Head, and break, after you have waſh'd the Wound with warm Vinegar, apply ſome Lint rolled in an equal quantity of the Salve warm'd, and Honey; ſpread a Plaiſter of the Salve, and when the Corruption is out, that will heal it. 'Tis Incomparable, and ſafely may be uſed for any Swelling.

A Drink *for the* Evil.

TAKE of White Arch-angel two handfuls, of Outlandiſh Sweet Fennel-ſeed bruiſed one ounce, of Liquoriſh one ounce; boil theſe together in two Wine-quarts of Spring-water; ſtop it cloſe 'till half be conſumed: When cold, ſtrain it from the Ingredients; add to the Liquor two ounces of Damask-Roſes: Let the Party drink of this Liquor Spring and Fall, five, ſeven, or nine Days together, as you beſt find it agree, three times in the Day, a quarter of a pint Firſt and Laſt, and at Four in the Afternoon.

A Drink *for the* King's-Evil, *and* Cancer.

TAKE Guaiacum one ounce, Saſſafras, Sarſaparilla, Sharp-pointed Dock, and Daiſy-Roots, of each half an ounce; Arch-angel-Flowers, and Millepedes, of each two large ſpoonfuls; Ground-Ivy, and Herb-Robert, of each one handful: Bruiſe and ſhred all theſe Ingredients, and put them to ſteep one Night in three pints of good clear New Ale; ſtrain it, and drink no other Drink for ſix Weeks, Spring and Fall. You may do a larger quantity at a time for Man or Woman; but you muſt not infuſe too much at a time, becauſe the Herbs are apt

to

to change it. At the same time, if the Swellings are painful, anoint with *Juice of Rue*, prepared as follows.

An Ointment *for the* Swellings *in the* King's-Evil.

TAKE two spoonfuls of Juice of Rue, as much Sallad-Oyl, beat them well together; then set it over the Fire, and let it boil slowly half an Hour; add two ounces of Bees-wax, let it boil a little with this: Pour it out, and keep it close cover'd. 'Tis an incomparable Ointment to use all the time you take the Diet-Drink.

A Milk-Water *for* Cancer *or* King's-Evil, *for those that cannot drink an Infusion.*

TAKE Roots of Daisies, Burdock, Guaiacum, Sassafras, Sarsaparilla, China, Tormentil, and Hounds-tongue, each two ounces; Selandine, Yarrow, Plantain, Herb Robert, Agrimony, Speedwel, Ground-Ivy, and Cinquefoil, of each a large handful; Arch-angel-flowers one pint; Sweet-fennel, and Coriander-seeds, of each one ounce: Shred and bruise all, and put them to a gallon of Milk: Draw off as much as runs good, and drink daily a quarter of a pint

every four Hours: Into each Draught ſqueeze the Juice of a ſmall ſpoonful of Millepedes.

An Ointment *for the* Evil, *or* Rickets.

TAKE Leaves of Oſmond-royal, St. John's-wort, Wormwood, Centaury, White Hore-hound, Germander, Ground-Pine, Golden-Rod, Carduus, Southernwood. Camomil, Tanſy, Penny-royal, Sage, Mint, Rue, Lillies of the Valley, Angelica, Meadow-Saxifrage, of each one ounce; ſhred it ſmall, and add of Oyl one quart; Deer-ſuet, and Claret, of each one pint; Mace one ounce: Boil theſe 'till all the Watry-part is conſumed: Strain it, and anoint the Belly and Joints with it all the Spring and Fall. This has done great Cures on Weakly Children.

For a Strain.

PUT the Arm or Leg into a Pail of Cold Spring-water, and keep it there 'till the Water be warm; then take it out, and repeat it 'till it be well, which it will be without applying any other Remedy.

A Good

A Good Powder *for* Worms.

TAKE an ounce of Worm-seed, and half an ounce of Rhubarb, beat both to a fine Powder, and take a quarter of an ounce of Powder of Prepar'd Coral; mix all three together, and let the Child take as much of this as will lie on a Shilling, for three Mornings together, drinking a glass of small warm Ale after each Dose.

Another Powder *for the* Worms.

TAKE an ounce of Sena, a quarter of an ounce of whole Worm-seed, a quarter of an ounce of Tansy-seed, a quarter of an ounce of Annis-seed, a few Leaves of Wood-Betony; dry all these, and beat them together very fine; mix it into a Bolus with Syrrup of of Turnips. A Child of Nine Years old may take a quarter of an ounce of this Mixture; so less, or more, for any other Age. Drink Water-gruel or Posset-drink in the working. 'Tis good for Men or Women, as well as Children.

For Worms.

BRUISE a pound of Worm-seed, and put it into a large Still full of Spear-mint; draw it off as long as it runs Good: Let the

Child drink three ſpoonfuls of this nine Mornings together.

For the ſame.

ONE drop of Oyl of Brimſtone in a little warm Ale, for three Mornings together. Do not exceed one Drop for a Child; three is enough for a Man or Woman.

For the ſame.

TO four pounds of the Husks of Wall-nuts put half a pound of Worm-ſeed, and as much Flower of Brimſtone: Draw it off in a Cold Still, and let a Tea-cup be taken every Morning, for a Month. 'Tis an Excellent Medicine for *Worms*, or *Jaundice*, and has done great Cures.

For the ſame.

TAKE one handful of Spear-mint, as much Plantain, as much Goats-Rue, a ſpoonful of Plantain-ſeeds: Stamp all together, and ſqueeze out the Juice, and take two ſpoonfuls of it in a glaſs of Sack, three Mornings together.

For the same; well recommended.

HUSK and Dry an ounce of *Sevil*-Orange-seeds, beat them to a fine Powder, and give as much as will lie on a Sixpence, in a spoonful of Syrrup of Peach-blossoms: At the same time, bind the Leaves of the Peach-Tree to the Navil of the Child. If you have no Syrrup of Peach-blossoms, use Syrrup of Black-cherries.

The Red Powder, *for* Fevers, Small-pox, *or* Surfeits.

TAKE of Carduus, Rue, Red-Sage, Lillies of the Valley, Tormentil, Pimpernel, Dragon, Betony, Angelica, Scabious, Speedwel, of each one handful; *Virginia*-Snake-weed one handful; Wormwood half a handful; Agrimony and Verum, of each a quarter of a handful: Shred the Herbs very small, and infuse them in two quarts of White-wine, in a Jug, which you must stop very close, and set nine Days in the Sun: Then strain the Wine from the Herbs, and infuse the same quantity of the fresh Herbs in the same Wine; let it stand, as before, nine Days more: Then take a pound of Bole-armoniac finely powder'd; then put as much of the Wine (after it is a second time pressed out) as the Powder will take up, and set it

in

in the Sun to dry; and as it dries up, put in more of the Wine, ſtirring it two or three times a Day, 'till all the Wine be dried up in the Powder, ſo as to be fit to work like Paſte: Then put to it one ounce of Diaſcordium, and one ounce of Methridate, half an ounce of Cochineal, one ounce of Powder of Red Coral, one ounce of Prepar'd Saffron, forty grains of Bezoar, one ounce of Powder of Crabs-eyes, one ounce of Burn'd Hart's-horn, and one ounce of Prepar'd Pearl; mix theſe in the laſt Wetting, and work them all together: Make them up in Balls, (when well mix'd) and dry them in the Sun. Take forty or fifty grains of this for a Doſe. Drink Mace-Ale after it.

Of Gaſcoign Powder, *a good Sort for the ſame Uſes.*

TAKE Prepar'd Crabs-eyes, Red Coral, White Amber very finely powder'd, of each half an ounce; Burnt Harts-horn half an ounce, one ounce of Pearls very finely powder'd, one ounce of Oriental Bezoar, of the Black Tops of Crabs-claws finely powder'd four ounces; grind all theſe on a Marble-Stone 'till they caſt a Greeniſh Colour; then make it into Balls with Jelly made of *Engliſh* Vipers-Skin, which may be made and will Jelly like Harts-horn.

A very

A very good Powder *for a* Dizziness in the Head, *and to Prevent* Apoplectick Fits.

TAKE the Seeds and Roots of Single Piony of each a like quantity, dry and beat them severally into a fine Powder; take the weight in Nutmeg, which you must beat, and dry, and beat again; mix fine-sifted Sugar, and take as much as will lie on a Shilling every Morning for a Month constantly.

A Powder *to Stop a* Hickock *in Man, Woman, or Child.*

PUT as much Dill-seed finely powder'd as will lie on a Shilling, into two spoonfuls of Syrrup of Black Cherries, and take it presently.

An Excellent Powder *for* Convulsion-Fits.

TAKE two drams of Piony-roots, Mistletoe of the Oak one dram; Prepar'd Pearl, White Amber Prepar'd, and Coral Prepar'd, of each half a dram; Bezoar two grains, and five leaves of Gold; make all these into a very fine Powder, and give as much

much of it as will lie on a Three-pence to a Child of a Month old, and proportionable to a bigger: Mix it up with a ſpoonful of Black-cherry-Water, which ſweeten with the Syrrup of Black-Cherries: Take it three Days together at every Change of the Moon, to prevent Returns.

A Powder *for* Digeſtion.

TAKE Gallingale and Setwal of each one ounce; Long-Pepper, Mace, and Nutmeg, of each two ounces; Annis-ſeeds, Carraway-ſeeds, Fennel-ſeeds, and Angelica-ſeeds, of each half an ounce: Put to theſe, all finely powder'd, the weight in fine powder'd Sugar; take as much as will lie on a Shilling after every Meal, and Drink a glaſs of Simple Carduus-Water after it: This has done mighty Cures to weak deprav'd Stomachs.

A Preſent Remedy for Convulſion Fits.

MAKE a Draught of an equal quantity of Piony and Simple Black-Cherry-Water; and for a Man put thirty, for a Woman twenty, for a Child five drops of Spirit of Hart's-horn; Drink this in or before a Fit.

Another

Another for the ſame.

INFUSE Turnips in a Pot cloſe ſtopt, and ſet it into a Kettle of Water, 'till they are tender enough to ſqueeze; then take the Liquor clear from them, and take three ſpoonfuls of it, in one ſpoonful of rich Old *Malaga:* It has Cured the Falling-Sickneſs in grown-up People; but is almoſt Infallible for Children.

A Syrrup *for* Convulſion Fits.

TAKE one pint of ſmall Black-Cherry-Water, two pounds of Black Cherries, bruiſe them Stones and all in a Mortar; put theſe with the Water into a Jug, with two blades of Mace, and four tops of Spear-mint; ſtop the Jug cloſe, and ſet it into a Kettle of Water: Let it ſimper three Hours over the Fire, then ſtrain it out, and let it be boil'd to a Syrrup, with a full pound and half of *Lisbon* Sugar to each pint of that Liquor.

For Convulſions *or* Vertigo.

TAKE one ounce of Juniper-Berries, two ounces of freſh *Sevil* Orange-peel, Male-Piony-roots three ounces, Peacocks Dung ſix ounces, Sugar-candy half a pound; Infuſe theſe in two quarts of Rheniſh, for twenty-

twenty-four Hours, in hot Aſhes; then let it ſettle, and take two ſpoonfuls of this in a glaſs of Angelica-Water: It has done great Cures.

A Strong Milk-Water.

TAKE Mint, Sage and Balm, of each two good handfuls, Rue, Carduus, Wormwood, and Meadow-ſweet of each one handful; chop theſe Herbs together, and put them with four quarts of New Milk, and a whole Nutmeg ſlic'd, into a Copper Limbeck; from this Quantity you may draw two quarts, if you keep an even ſlow fire, 'till that Quantity is drawn off: When you have drawn off what you deſign, mix it all together, for the Uſe of any Feveriſh or Conſumptive Perſon.

The Barley Cinamon-Water.

PUT two pounds of Pearl Barley, into four quarts of Spring-Water, draw it off in a cold Still, as long as it runs ſweet: Infuſe in it half a pound of Cinamon, and a quart of Canary; Sweeten it, and Drink a Draught at any time, in a Fever and Looſeneſs.

Wall-nut-Water.

GATHER a large quantity of Green Wall-nuts, in the beginning of *June*, break them in a Mortar, and diſtil them in a cold Still; keep this Water by itſelf, and at *Midſummer* do the like, keeping that Water by itſelf alſo; about a Fortnight after *Midſummer* do the like; and ſo again a Fortnight after that; then put all the four Sorts of Water together, and diſtil it off; keep it cloſe for Uſe; its Perfections are many: 'Tis good in Conſumption and Surfeits; Drank with Wine in a Morning, 'tis good for a Palſey. A Bottle or two in a Veſſel of decay'd Wine, revives it: It's good to waſh the Eyes and Temples. I have not met with any Simple Water ſo well recommended, or by a Perſon of more Experience.

A very good Snail-Water.

TAKE a peck of Snails clean wip'd, crack them and put them into a gallon of Milk, with a handful of Balm, as much Mint and unſet Hyſop, half a pound of Dates, as many Figs, and one pound of Raiſons of the Sun; diſtil all together, and let it be the conſtant Drink in a Conſumption.

A good Milk-Water *for* Surfeit *or* Worms.

TAKE of Rue, Wormwood, Carduus and Mint, each three handfuls; cut the Herbs and ſteep them all Night in two quarts of Milk; diſtil it off next Morning in a cold Still; from this Quantity draw three pints, then diſtil this Water over again, with the ſame quantity of Milk and Herbs; ſweeten it to your Taſte, if for Children; but for wiſer People, 'tis beſt alone.

Strong Elder-berry-Water.

TAKE a Buſhel of Elder-berries, and put to them a quart of Ale-yeaſt, let them ſtand nine or ten Days, ſtirring it two or three times a Day, and then diſtil it in a Limbeck: 'Tis a very good Cordial in any Illneſs.

A Cordial Mint-Water.

TAKE one pound of Mint, ſtript from the Stalks, and gather'd the Day before you weigh it; a quarter of a pound of Liquoriſh, thin ſlic'd, one ounce of Aniſeeds, one ounce of Carraway-ſeeds, one pound of Raiſons of the Sun ſton'd, ſteep theſe together in a gallon of good ſtrong Claret;

Claret; distil it off a Limbeck, or cold Still if you don't like it so hot and strong; let it drop on a little fine Sugar, through a Bag of Saffron.

A good Milk-Water.

TAKE one pound of Carduus, half a pound of Wormwood, Spear-mint, Balm shred a little; put them in an ordinary Still, with a gallon of Milk; and distil it off leisurely: 'Tis good in any Thirst.

Another Milk-Water.

CARDUUS and Wormwood, of each one handful, Spear-mint two handfuls, pick and cut the Herbs, and pour upon them a pint of Sack; let them stand all Night, and next Day put them into a cold Still, with a gallon of new Milk, or new Whey Clarified: Draw off while it runs good.

A most excellent Drink *for the* King's Evil *in the* Eyes.

TAKE Sage, Celandine, Yarrow, Bitany, three Leav'd Grass, Cinquefoile, Daisy-roots and Leaves, of each a handful, Honey-suckles and Ground-Ivy, the same quantity; pick, wash, dry, and bruise them, and put to them a good quart of White-wine,

or Beer, ſteep them two Nights and Days; preſs the Herbs out, and Drink four ſpoonfuls Morning and Night: Juſt as you Drink it, ſqueeze in the Juice of fifty Millepedes, freſh bruis'd.

A good Sear-Cloth.

TAKE one pint of Oil of Olives, eight ounces of Red-Lead, Virgins-wax four ounces; of Ointment of Populion, Oil of Roſes, and Oil of Camomile, of each one ounce; ſet the pint of Oil on the Fire, and melt the Wax in it; then put in the Populion, and other Oils; when all is melted, put in the Red-Lead, ſtir all well together, and let them boil 'till they are Black; then dip in your Cloth.

An Incomparable Salve *for the Eyes.*

TAKE two ounces of *May* Butter, one ounce of Virgins-wax, half an ounce of Camphire, one ounce of Powder of Tutty; you muſt firſt put your Wax and Camphire, into a Silver Porringer, and let both melt on a gentle ſlow Fire together; conſtantly ſtirring 'till they be diſſolved, ſome little time after put in your *May* Butter, and diſſolve it with a large ſpoonful of Red Roſe-Water; keep it on the Fire till all be incorporated; then add the Powder of Tutty, and mix all very

very well; take it from the Air; and when you lie to Sleep, gently anoint your Eye-lid with it.

The Smallage-Ointment.

TAKE a handful of Smallage, as much Mallows, and as much Elder; pick and shred all small; put them into a Skillet, with a pound of Mutton-suet shred small; let all boil together; Strain it, and keep it to anoint any Swelling.

A very good Plaister *for a Stomach Sore with Coughing.*

TAKE of *Burgundy*-Pitch, Rosin, and Bees-wax, of each one ounce; melt these together: Then take three-quarters of an ounce of coarse Turpentine, and half an ounce of Oil of Mace; melt these with the other, and keep it for Use: When you have Occasion, spread it on Sheep's-leather prick'd full of Holes; and when you lay it on, grate some Nutmeg over it.

To give certain Ease in the Tooth-ach.

TAKE *French*-Flies, Methridate, and a few drops of Vinegar; beat this to a Paste, and lay a Plaister on the Cheek-bone,

or behind the Ear: 'Twill Blister, but rarely fails to Cure.

Plaisters *for a* Fever.

BEAT two handfuls of Rue, with as many Currants, 'till they are fine, and well mix'd; spread it on Cloths, and bind it to the Wrists, and Soles of the Feet: This draws from the Head; and if laid on in time, does as much good as Pigeons to the Feet, in Extremity.

An Ointment *that is good for any* Ach *or* Swelling *in Man or Beast.*

TAKE of unset Hyssop, Goats-Rue, Adder-spear, Alehoof, Wormwood, Camomile, Ladies-mantle, Plantain, Harts-tongue, Ladder to Heaven, Southernwood, Red-Sage, Agrimony, Bone-wort, Amber-leaves, Bay-leaves, of each one handful; shred these, and stamp them together: Then mix with them one pound and a half of Butter without Salt, and make it up in nine Balls, and let it lie nine Days; then boil it over the Fire gently: When it looks very Green, strain it off, and keep it for Use.

This Number of Days and Balls, seems superstitious and whimsical; but it has been so long approv'd in the Family from whence I had

I had it, that I cannot doubt of its Virtues, tho' I smile at the Preparation.

An Ointment *for a* Burn.

TAKE of Housleek, smooth Plantain-leaves, and green Elder, each one pound; stamp them together small; put to them a quarter of a pint of Wine-Vinegar, three spoonfuls of Urine, and four ounces of Old Tallow-Candle, with three pints of Oil-Olive; boil these two or three Hours, stirring them constantly with a Stick: Then strain it through a new Canvas-Strainer, and put it on the Fire again, with four ounces of Yellow Bees-wax sliced thin; let it boil half an Hour this time, and pour it into Pots. 'Twill keep many Years, if ty'd down with Bladders. When you use it, rub White Paper 'till 'tis soft, then spread it over with the Ointment, and anoint the Burn with the Ointment: Do it with a Feather, and lay the Paper over it: Do this Morning and Night, 'till 'tis quite Well. 'Twill Skin the Wound, as well as take out the Fire; therefore be sure to use nothing else: 'Twill give Ease in a quarter of an Hour. 'Tis a certain as well as a quick Cure, if the Vitals are not burn'd; and is recommended, on the Experience of a Person of great Worth and Charity. A third-part of this Quantity

will last many Years, and may be made very Cheap.

An Ointment *which is a certain Cure for any* Scabs, Pimples, *or Old Inveterate* Itch.

TAKE a quarter of an ounce of Red Precipitate, grind it on a Marble-stone 'till 'tis as fine as the Flower of Brimstone; mix this with an ounce of Flower of Brimstone, and work both up with three ounces of Butter without Salt, as it comes from the Churn; mix it very well, and anoint the Place very thin with the Ointment. 'Tis not the Nature of it to Check, but Draw out the Distemper; and in a Week or Ten Days Confinement, will make an absolute Cure.

I should say many things to recommend this, being sure of its Virtues; but it will not need that, to Any-body of Judgment.

A very Good Poultis *for a* Sore-Breast, *to Break it, if there be Occasion; and also Heal it, without any other Salve.*

TAKE of Smallage, Spear-mint, and Wormwood, each a good handful; boil all these in Milk, and thicken it with Oat-

Oat-meal: Lay it on as Hot as you can bear it, and repeat it when Hard or Dry.

An Incomparable Ointment *for a* Strain, Weakness, *or* Shrinking *in the* Nerves.

TAKE Sweet-marjoram, Penny-royal, Rosemary-tops, Camomile-flowers, Lavender-flowers, Sage, and young Bay-leaves, of each a large handful; a very large Nutmeg, and its weight in Mace; the Rind of four Lemons, and as many Oranges: Stamp all very fine, and boil it in a quarter of a pint of rich *Malaga*-Wine, and half a pound of unsalted Butter: Let it boil 'till the Wine is wasted; press it through a fine Sieve, and keep it cool for Use. Rub it Morning and Night before the Fire, on the Part affected.

The French-King's Balsom.

TAKE Red-Sage, and Rue, of each half a pound; young Bay-leaves, and Wormwood, of each a quarter of a pound: Stamp them unwash'd in a Mortar, with a pound and a half of Sheep's-suet hot from the Sheep, 'till 'tis all of a Colour: Then add to it a quart of Oil-Olive, and work that with the rest: Then put it into an Earthen Pot well stopt for eight Days: Then boil it

on a ſoft Fire: Being ready to take off, pour in three ounces of Oil of Spike; let it boil a little together; then ſtrain it, and keep it for Uſe: Take care it do not burn. It muſt be made in *May*, and will keep many Years: Rub'd into the ſmall of the Back, it eaſes the Stone: The quantity of half a Pea in the Ear, chafed in and ſtopt with black Wool, helps Pains there; It Cures Stiffneſs or Streins, in Man or Beaſt; as alſo Bruiſes, Over-ſtretching of Veins, Fellons, Anguiſh, or Swelling of Wounds: It eaſes the Cramp; and is a good and uſeful Balſom in all Families.

For the Biting *of a* Mad-Dog.

TAKE four ounces of Rue, four ounces of *London* Treacle, four ſpoonfuls of ſcrap'd Pewter, and four ounces of Garlick; ſtamp the Garlick, and boil all in a pottle of Stale ſtrong Ale; ſtrain this Drink; let that which is thick be apply'd to the Wound, and take nine ſpoonfuls of the clear, for nine Days together.

An Ointment *for a Child that has the Rickets.*

TAKE one ounce of Beef Marrow, as much Oil of Lillies, and Tamarisk, Bees-wax two ounces, Gum Amoniacum diſſolv'd

dissolv'd in Vinegar, half an ounce; Juice of Briany-roots, Smallage, and Golden-Rod, of each one ounce; let all boil, 'till the Juice of the Herbs be consumed: With this anoint the Belly of the Child, rubbing it in with your warm Hand by the Fire, half an Hour every Night. 'Tis good if the Belly is Swell'd with Rickets, Worms, or Ague.

An Ointment, *for the Back of a Weak Ricketty Child.*

PICK Snails clean out of the Shells, and prick them full of Holes, hang them up in a Cloth, and put a Bason to catch what drops from them; which you must boil up with Speracity, and blades of Mace, of each one ounce: Rub this Ointment along the Back-bone, round the Neck, Wrists and Ancles. Use this constantly Night and Morning, and chafe it in by the Fire; this, with the Drink that follows, has Recover'd many Weak Children from Sickness, Lameness, and Deformity.

The Ricketty *Drink.*

PUT an ounce of Rhubarb, three hundred live Wood-lice, Sassafras, China, and Eringo-roots, of each three ounces; Roots of Osmond-royal, two ounces; Raisons of the Sun ston'd, two ounces; Hart's-Tongue,

Tongue, two handfuls: Put these into six quarts of Small Ale, and Drink Spring and Fall no other Drink, 'Tis almost infallible for weak Children.

A cooling Drink in a Fever *or* Plurisie.

PUT an ounce of Pearl-Barley, into three pints of Water, shift it twice; beat half an ounce of Almonds, with a bit of Lemon-peel, and a spoonful or two of the Water; when they are very fine, wash the Almond-Milk through your Sieve, with three pints of Barley-Water; in the last boiling of this, you may put Mellon-seeds, and Pumpion-seeds, of each half an ounce; white Poppey-seeds, half a dram; when these are well boil'd, mix the Liquor with the Almonds, and strain all. Sweeten it with Syrrup of Lemons, for a Fever, or Syrrup of Maiden-hair, and Drink four ounces every three or four Hours.

Another Drink *in a* Fever.

TAKE a little Sage, a little Balm, and a little Wood-sorrel, wash and dry them; slice a small Lemon, (after you have par'd it clean from the white and bitter part;) To these Herbs and sliced Lemon, pour three pints of boiling Water; Sweeten it

it to your Taste, and Drink as freely as you please.

Another Drink.

TO three pints of Barley-Water, often shifted, put Hart's-horn, and Ivory-shavings, of each three drams; Quick-grass-Roots, two ounces; Currants, one ounce; Red-rose-Water, half a pint; a very little Balm: Let it boil and sweeten it with Syrup of Lemons or Violets. If the Patient is Costive, a few drops of Spirit of Vitriol serves instead of Lemons, when that cannot be had: Of this you may Drink freely in a Fever or Quinsie.

Another Sort.

CLEAR Posset-drink, pour'd on Wood-sorrel only, is good, and allays Thirst better than any other; and Pippins slic'd into Milk, is as good and better than all, if you have a Lemon to slice in with them, being not sharp enough of themselves, to turn it to a pleasant clearness.

A cold Caudle *in a* Fever.

BOIL a quart of Spring-water, let it stand 'till cold, then add the Yolk of one Egg, the Juice of a small Lemon, six spoon-

fuls

fuls of Sack, and Sugar to your Taſte; Syrrup of Lemons one ounce, if you have not freſh Lemons, does as well; Brew all together 'till well mixt, then Drink freely.

Elder-flower-Water cold ſtill'd, is an excellent Drink for Heat and Thirſt; quicken each draught with five or ſix drops of Spirit of Vitriol; and ſweeten it to your Taſte.

Wallnut-Water, *good in* Agues *or* Fever.

TAKE a pound of Rue, and a pound of Green Wall-nuts, before the Shell be hard, a pound of good Figs; bruiſe all and diſtil it: Take a Draught before your Fit, and try to Sweat after it.

An excellent Snail-Water *in a* Conſumption.

TAKE a peck of large Shell Snails, lay them on a hot Hearth before the Fire; let them lie 'till they have done Hiſſing and Spitting; then wipe them from the Froth, and break them in a Mortar; have a quart of Earth-Worms, ſlit and ſcoured clean with Salt and Water; beat them with the Snails; then take Angelica, Salendine, Wood-ſorrel, Agrimony, Bearfoot, Barberry-bark, Great Dock-roots, of each two handfuls; Rue half a handful, Roſemary-flowers, one quart; half

half a pound of Hart's-horn, Termarick, and Fenigreek, of each two ounces; half an ounce of powder'd Saffron, and three ounces of Cloves fresh beat; shred these Ingredients, and Infuse all in three gallons of Strong Ale, for twelve Hours; then distil it, and draw off what runs good; and take three spoonfuls of this in a Glass of Sack or White-wine, an Hour before every Meal. Use moderate Exercise with it: 'Tis highly recommended, and has been us'd with constant Success in Consumptions and Jaundice.

A Posset-Drink, *to be taken before the* Fit *of an* Ague.

POUR a gallon of clear Posset-Drink, upon four large handfuls of Angelica, shred small; let it Infuse, 'till 'tis very strong: Let the Person, if possible, Drink all, that the Stomach may be perfectly clear; and go into a warm Bed, as soon as the Vomit has done working: Cover yourself close, and try to Sweat. It has seldom fail'd, and is a safe Vomit.

A good Epidemick-Water.

TAKE Rue, Rosemary, Pimpernel, Rosasolis, Balm, Scordium, Carduus, Dragon, Marigold-flowers and Leaves, Goats-Rue, Mint, and Angelica, of each two handfuls;

handfuls; take the Roots of Elecampane, Piony, Maſterwort, and Butter-bur, of each one pound; Gentian, Tormentil, Scorzonera, and *Virginia*-Snake-weed, of each four ounces; Saffron one ounce: Infuſe all theſe, when ſhred, in two quarts of White-wine, one quart of Water, and one quart of *French*-Brandy diſtil'd, and uſe it in any Malignant Diſtemper.

An admirable Poſſet-Drink, *in a* Pluriſie, *or* Shortneſs of Breath.

INFUSE two ounces of Flax-ſeed in a pint of clear Poſſet-Drink; firſt bruiſe the Seeds. Drink this quantity at a Draught every Morning, and at Night, if very Ill.

It has the ſame Virtues of Linſeed-Oil; but is not ſo hard to take.

For an Inflammation *in the* Throat.

INFUSE one large handful of Cinqfoile in a quart of Water, let it boil to a pint; ſtrain it, and ſweeten it with Honey very ſweet, and ſwallow two or three ſpoonfuls often. This, tho' a ſimple Medicine, has done great Cures, and may be rely'd on. The Herb is otherwiſe call'd *Five-leav'd-Graſs.*

For a Cough, *and* Shortness of Breath.

TAKE eight ounces of Colts-foot pick'd clean from the Stalks; beat it to a perfect Conserve, with four ounces of Brown Sugar-candy, four ounces of Raisons stoned: When 'tis very fine, and well mix'd, add four ounces of Conserve of Roses; then add twenty drops of Spirit of Sulphur, and ten drops of Spirit of Vitriol: Mix it well, and take as much as a large Nutmeg, as often as you please. I think the Juice of the Colts-foot, mixt with the Sugar-candy, is better than the Leaves, without straining.

A good Way to make Caudle.

TO four full-quarts of Water you may put a pint of Whole Oatmeal; let it boil very slow for five or six Hours at least; then strain it out, and put to two quarts three large blades of Mace, a full pint and a half of White or Rhenish-wine; and make it sweet to your Taste: And just as you take it off the Fire, slice in a Lemon from which all the White is cut, which is apt, by lying long, to make it bitter; just the Yellow of the Peel may be put in. A little Salt does very well in Caudle, but is notoften used.

A very

A very Good Purge *in a* Fever.

TAKE Sena two drams, Rhubarb one dram, Tamarinds two drams; boil these in half a pint of Water, 'till two-thirds is wasted: To what remains, add half an ounce of Cream of Tartar sweetned with one ounce of Syrrup of Succory, or Syrrup of Roses solutive; strain and drink it at a Draught. In the Working, drink Clarify'd Whey, rather than Posset-Drink. 'Tis good to Cool and Thin the Blood.

An Incomparable Drink *in a Thirsty* Fever.

AN ounce an a half of Tamarinds, three ounces of Currants, and two ounces of ston'd Raisons, boiled in three pints of Water 'till near one-third be consumed. Strain and drink this when you are Costive.

A Draught *for a* Consumption.

TAKE Mint, and Red Rose-water, of each two large spoonfuls, Sugar-candy finely beat one ounce; warm these together, with a little grated Nutmeg; pour to it near half a pint of Milk just warm from the Cow. Drink this twice a Day, for six Weeks, in the Spring. It has recover'd many from Weakness, and Faint Sweats.

An

An Excellent Electuary *for a* Consumption.

TAKE Hore-hound, Hart's-tongue, Liver-wort, Maiden-hair, Egrimony, Unset Hyssop, Germander, and Colts-foot, of each one handful; boil them in a gallon of Spring-water 'till half be consumed: Then take three pounds of Live Honey, half an ounce of Powder of Elecampane, and an ounce of Powder of Annis-seed; sift them both through a Sieve: Boil these together 'till it come to the Consistence of an Electuary. Take the quantity of a Nutmeg fasting in the Morning, and fast an Hour after it. Take the like quantity at Night when you go to Bed.

A Poppy-Water *for* Surfeits.

BREW ten gallons of Strong Ale-Wort; when 'tis cool, work it with Yeast, and add as many fresh Red Poppies as the Wort will conveniently wet, so that you may stir it daily: Let the Poppies Infuse in this Wort three Days and Nights; then draw it off in a Limbeck as quick as you can, 'till the whole is distill'd off: Mix the Small and Strong together, and take a glass at any time, with or without Sugar, after a full or disgusting Meal: 'Tis not much stronger

than a Simple Water, but has been the only Cordial of an Infirm Lady, who has us'd it ever ſince Fifteen, and ſhe is now Ninety-ſeven. This of my own knowledge.

Another for a Surfeit.

BOIL a handful of freſh or dry'd Poppies in Ale, with an ounce of Carraway-ſeeds bruiſed: Sweeten it, and drink a large Draught. If the Stomach is ſo ſick as to diſcharge it, repeat it 'till it does ſtay, and Sleep on it.

A Rich Surfeit Cordial-Water.

TAKE four pound of freſh Red Poppies, Infuſe them in four quarts of Brandy; add to it half a pound of Dates ſliced, half a pound of Figs ſliced, a pound of Raiſons ſtoned; Carraway and Angelica-ſeeds bruiſed, of each one ounce; Mace, Cinamon, Cloves, and Nutmeg, of each a quarter of an once; Marigold-flowers, and Balm, of each one handful; Sugar-candy one pound; Hot Angelica and Cold, of each one pint: Steep all theſe a Month, ſtirring them every Day. If you have a convenient Place, let it ſtand in the Sun.

A Whol-

A Wholsome Cordial.

TAKE one pound of Gentian-roots sliced, common Dock-roots sliced half a pound; Centory, both Flowers and Leaves, of each half a pound: Put these into a great Glass, with one pound of Poppies: Pour upon these Ingredients six quarts of White-wine: Let it stand twenty-four Hours to Infuse; then draw it off in a Limbeck. 'Tis Good and Safe in any Illness of the Stomach.

For the Gout.

MAKE a Conserve of Buck-bean, with the weight in Sugar-candy; beat both fine, and take as much as a large Nutmeg, first and last; and drink a Tea made of the same Herb every Morning and Afternoon, constantly, for one whole Year.

This alone, without any other Medicine, made a perfect Cure in a Person that had been many Years most grievously afflicted; and is effectual in the *Scurvy*, or *Rheumatick Pains*. Where the Patient is Weak and very Restless, 'tis best to mix a third-part *Venice*-Treacle in the Conserve they take when going to Rest.

A Drink *for the* Gout.

SArsaparilla eight ounces, Sassafras, China, and Harts-horn-Shavings, of each three ounces, Angelica-Roots three ounces, Raisons one pound, and the Roots of Sweet-smelling-Flag three ounces, of Candy'd Eringo-root half a pound; hang these in six gallons of small Ale, when you Tun it up: And as soon as 'tis a Fortnight old, drink of it constantly.

'Tis an Incomparable *Drink* to Sweeten the Blood, and Correct those very Sharp Humours that occasion that dismal Tormenting Distemper.

For the Head-ach.

DRY Rosemary before the Fire 'till 'twill crumble to a very fine Powder, one pugil of Saffron; and with the Powder of Rosemary and Saffron make the Yolk of an Egg into a stiff Poultis, and lay it as hot as you can endure it to the Temples.

For the Stone *and* Gravel.

TAKE of Cassia newly drawn one ounce and a half, choice Rhubarb in Powder a dram and a half, *Cyprus*-Turpentine well washed seven drams, Spic'd Diatragacanth

one

one scruple, Powder of Licorice half a dram; mix it in a good quantity of Syrrup of Marsh-mallows. Take the quantity of a Wall-nut in a Morning fasting: Drink a Draught of plain Ale-Posset-drink immediately after it; then Walk an Hour: And after that, drink a pint (if your Stomach will bear it) of White-wine-Posset, sweeten'd with Syrrup of Marsh-mallows.

N. B. This was the Prescription of a Learned Physician; and has been long kept as a choice Secret in a very Charitable Family, who have made numberless Experiments of it with miraculous Success, even to Dissolve the Stone.

Another for Stoppage of Water, *in the* Stone.

TAKE four spoonfuls of the Juice of Parsley in a pint of White-wine; sweeten it with Syrrup of Marsh-mallows, and (if you can) drink the whole quantity at a Draught.

For the Stone.

MAKE a very strong Decoction of Mallows, thus; Put in half a peck of Leaves into one gallon of Water; let it boil to near half the quantity: Then strain it, and add half as many Leaves, and boil it again:

Then add Licorice, ſtoned Raiſons, and Syrrup of Marſh-mallows, of each two ounces; and drink continually of this Drink: It has given Eaſe to many in Extremity. Obſerve to ſtrain it clean, and let it ſettle from the Thick before you pour it off.

For the Stone.

TAKE of good White-wine one pint: Fennel, and Parſley-water, of each one pint: Into this Mixture put one ounce of Live Wood-lice well cleanſed, one Lemon ſliced thin, and two ounces of Syrrup of Marſh-mallows; put theſe into a Jug to Infuſe for five or ſix Days: Then ſtrain it out, and let the Patient take four ounces at a time, twice a Day.

For the Scurvy.

TAKE Scurvy-graſs, Garden-Tanſy, Wood-ſorrel, and Golden-rod, of each one handful; beat theſe Herbs to a Conſerve with their weight in Sugar; add to them an ounce of Powder of Wake-Robin: Take as much Syrrup of Oranges as will make this into an Electuary, of which take a dram three times a Day, for ſix Weeks together, in the Spring; drinking after it the following *Drink*.

TAKE

TAKE Garden-Tansy, Garden-Scurvy-grass, of each six handfuls; Buck-bean, Water-cresses, Brook-lime, and Wood-sorrel, of each four handfuls, the Peel of six Oranges, and one ounce of Nutmegs bruised; Infuse these in two gallons of New Strong Ale-wort; let it work together a Day and a Night; then distil it off in a Cold Still as long as it runs Good; Mix the Small, and drink a Wine-Glass-full after every Dose of the *Electuary*.

This has been taken with great Success, by People who have been much afflicted with *Scurvy Pains*, and *Spots*. It has, by constant Taking, Cur'd a *Rheumatism*.

For the same.

ONE handful of Garden-Tansy, as much Sage, and twice as much Scurvy-grass, steep'd in two quarts of White wine, or Strong Ale. Drink half a pint of this Morning and Night.

For the same.

INTO five gallons of well Brew'd Small Ale, put in a Bag one large handful of Fir-tree-Tops cut small, two handfuls of Scurvy-grass, as much Water-cresses, one pound of Burdock-root scraped and sliced,

the Juice and Rinds of twelve *Sevil*-Oranges; let theſe be put in while the Ale is Working: When it has done, ſtop it down 'till 'tis Fine; then drink of it for a Month, or Six Weeks.

Uſe the ſame for a *Dropſy*; adding only a quarter of a pound of Muſtard-ſeed, and half a pound of Horſe-radiſh root.

An Excellent Purging-Ale *for a* Dropſy.

SENA four ounces, Saſſafras, and Tartar, of each two ounces; Jalop, and Licorice, of each one ounce; Rhubarb, Coriander, and Annis-ſeed, of each one ounce; Polypodiam eight ounces, Broom-aſhes one quart, and one ounce of Cloves; put all in a Bag, with ſome little Weight to ſink it: Take Scabious, and Agrimony, of each three handfuls; of the Roots of Daneswort one handful, Raiſons of the Sun ſtoned one pound, with a little Ginger: Put theſe Ingredients into ſweet Ale-wort when you put in your Hops, and let all boil together half an Hour; then pour it ſcalding-hot on your Bag of Drugs: When 'tis cold enough, ſet it to Work with Yeaſt: When it has done Working, ſtop it up for Twelve Days, or a Fortnight: Hang the Bag of Drugs in the Veſſel.

Veſſel. Drink a large Glaſs of this in the Morning, and at Four in the Afternoon, unleſs you find it Works too much at firſt; if ſo, leſſen your Doſe; but take it Daily, 'till you have taken all.

For a Dropſy.

TAKE Broom, and burn it by itſelf, in a clean Oven; ſift the Aſhes from the Stalks and Coals that are not quite conſumed, and put two full pounds of theſe Aſhes into a two-quart Bottle; pour on old Hock, 'till the Bottle is up to the neck; take care 'tis not too full; if it has not room to ferment, 'twill be apt to ſplit the Bottle: digeſt it in hot Aſhes by the Fire, or in the Sun, and ſhake it often: when it has ſtood three or four Days, pour off a quart of the clear Lye: If it is not perfectly fine, decant again and again, 'till it is ſo: fill up your Bottle again with Hock, and do as before, 'till all the ſtrength of the Aſhes be out. Drink this firſt, and at four or five in the Afternoon; continue it for ſome time, and 'twill carry off the Dropſical Humour: While you take it, let the Meat you Eat be dry roaſted; and your Drink, ſtrong Ale or Wine.

For the Dropsy.

MIX four ounces of Syrrup of Elder-berries, with two ounces of Oil of Turpentine, incorporate them well together; and take one large spoonful of this mixture, first and last, for a Fortnight.

Note, That Sea-bisket, and New Raisons of the Sun (if they can be had) eaten constantly, instead of Suppers, have Cured that Distemper without Physick: Especially if the Party can refrain from small Liquors.

For the Jaundice.

CUT off the top of a *Sevil*-Orange, and take out as well as you can the middle Core and Seeds, without the Juice; fill the vacancy with Saffron, and lay the top on again; then roast it carefully without burning, and throw it into a pint of White-wine: Drink a quarter of a pint Fasting, for nine Days; it greatly sweetens and clears the Blood.

To Sweeten the Blood, *in* Scurvy, Jaundice, *or any Pains in the* Limbs.

TAKE Scurvy-grass, Maiden-hair, Wild Germander, Wood-sorrel, Fumitory, of each half a handful; Wild Mercury one handful, Damask-Roses two handfuls; put these into two quarts of clarify'd Whey; let all stand 'till 'tis scalding hot, then strain it off; and Drink half a pint at a Draught, four or five times in a Day, for a Month or five Weeks in the Spring. This is highly recommended in the Gout.

A good Bitter Wine.

TAKE two quarts of strong White-wine, Infuse in it one dram of Rhubarb, a dram and half of Gentian-root, Roman Wormwood, tops of Carduus, Centory, Camomile-flowers, of each three drams, Yellow peep of Oranges, half an ounce; Nutmegs, Mace, and Cloves, of each one dram: Infuse all these two Days and Nights; strain and Drink a glass Fasting, and an Hour before Dinner, and Supper: Add Filings of Steel (if 'tis proper) two ounces.

A Pleasant and Safe Medicine, *for the* Yellow Jaundice.

ROAST a large Lemon 'till 'tis soft, take care it do not break; cut it and squeeze it (while 'tis very hot) upon a dram of Termerick slic'd or grated, and half a dram of Saffron; pour upon these Ingredients a pint of good White-wine: Let all Infuse one Night: and in the Morning, Fasting, take a quarter of a pint of this Liquor; sweeten it to your Taste with Sugar-candy; or if your Stomach can bear it, the Sugar-candy may be omitted; repeat this for four Mornings, or longer if you have Occasion. 'Tis for the most part a certain Cure.

For the Stone.

WASH, dry, and very finely Powder the inner Skin of Pigeons-Gizzards: Take as much as will lie on a Shilling of this Powder, in a glass of White-wine. This does very often give ease in wracking Pain.

Another for the Stone.

DRY and Powder the Haw-thorn-Berries, and take as much as will lie on a Shilling in a glass of White-wine: This has done great Cures, by constant taking; it may

may be taken in Ale, if you cannot have Wine; the Virtue is in the Berry, and has been experienc'd to the great ease of many poor People, in Ale as well as Wine; but the last is best: And a Posset-Drink turn'd with White-wine, is a proper Vehicle for it. Take it Fasting, or when in Pain.

An excellent Drink *in the* Gout *or* Rhumatism.

TAKE six ounces of Sassafras; Sarsaparilla, and China, of each four ounces; Liquorish and Aniseeds, of each two ounces; Sage of Virtue, half a handful; Candy'd Eringo-root, two ounces; Raisons and Figs, of each half a pound: Put all these into four quarts of Water: let it infuse over a slow Fire, 'till one third is wasted. Strain and Drink it constantly, to sweeten the Blood.

A good Mouth-Water, *to be us'd Daily in the* Scurvy.

TAKE half a handful of Red-rose-Leaves, three ounces of Black-thorn-Bark slic'd, a bit of Allum; boil these in a pint of Claret, and as much Water, 'till a third is wasted; then put in the peel of one *Sevil* Orange, a handful of Scurvy-grass, and as much Powder'd Myrrh as will lie on a Shilling; stir all together, and let it boil up; then

then ſtrain it, and hold a Mouthful as long as you can, once or twice a Day: It faſtens looſe Teeth, and makes the Gums grow up to the Teeth.

A Gargle *for a* Sore Throat.

TAKE Plaintain, and Red-roſe-Water, of each half a pint; the Whites of Eggs beat into Water, four ſpoonfuls; Juice of Houſe-leek, freſh beat, four ſpoonfuls; as much of the Water in which Jews-Ears have been boil'd; twenty drops of Spirit of Vitriol, and an ounce of Honey of Roſes.

For a Canker *in the* Mouth *or* Gums.

MIX forty drops of Spirit of Vitriol, in an ounce of Honey of Roſes: Keep the Sore Place always moiſt with this mixture; and 'tis a certain Cure.

A Gargle *in the* Palſey.

PUT a large ſpoonful of Muſtard-ſeed, bruis'd, into a pint of White-wine; drop in Spirit of Vitriol, to make it ſharp; and waſh your Mouth often in a Day, hold it as long at the root of your Tongue, as you can endure it at a time.

Another

Another Gargle *in the* Palsey.

POUR a quart of boiling Water upon a very large handful of Lavender-flowers; let it Infuse in the Ashes, 'till 'tis very strong; strain it, and add a spoonful of Vinegar, a spoonful of Hungary-Water, and a spoonful of Honey. Wash your Mouth often with this; it is a very good Gargle.

A constant Daily Wash *for your* Teeth.

TO one quart of Claret, put an ounce of Bole-armoniac, half an ounce of Myrrh, one dram of Allum; Salt of Vitriol, ten grains; an ounce of Hungary-Water, and two ounces of Honey of Roses; when these have stood in a warm Sun, or near the Fire for three Days, set it by to settle; and pour a spoonful of it into a Tea-cup of Water, with which wash your Teeth: It preserves them Sound, and makes them White.

To clean very foul Spotted Teeth.

MAKE a Skewer very sharp at one end, over which wind a bit of fine Rag, tie it on very hard, and cut it very sharp, that it may be like a fine Pencil for Painting; dip this in Spirit of Salt, take it out immediately, and dip it then into a Cup

of

of fair Water, in which hold it for a Moment; with this Rag, ſo carefully wet, Rub your Teeth, and take care you do not touch your Lips or Gums; have a cup of cold Water ready to waſh your Mouth, that the Rag has not been dip'd in: With this you may make any furr'd Teeth as White as Snow; but you muſt not uſe it often or careleſly. When they are once thus clean'd, the Claret-Waſh will preſerve them ſo.

A Mucilage *in a* Sore Throat.

TAKE four drams of Quince-ſeed, decoct it in a quarter of a pint of Roſe or Plantain-Water, 'till 'tis a ſtrong Jelly; add a ſpoonful of the White of an Egg beat to Water; and ſweeten it with Syrrup of Mulberries, or Rasberries.

To Cure a Cough *and* Shortneſs of Breath.

TAKE Elecampane-roots, and boil them very tender and pulp them fine through a Sieve, take their weight in the pulp of codl'd Pippins; if you have a pound weight of both together, boil it in a pint and half of clarify'd Honey; for half an Hour; then take one ounce of Powder of Licorice, and as much Powder of Aniſeeds; mix all well together, and take a dram Morning and Night

Night, and in the Afternoon: 'Tis an excellent Medicine in an Asthma.

Another for a Cough.

ROAST a large Lemon very carefully without burning; when 'tis thorough hot, cut and squeeze it into a cup, upon three ounces of Sugar-candy finely powder'd; take a spoonful whenever your Cough troubles you: 'Tis as good as 'tis pleasant.

For the same.

TAKE two ounces of Syrrup of Poppies, as much Conserve of Red Roses; mix and take one spoonful for Three Nights, when going to Rest.

For the same, with a Hoarseness.

SYRRUP of Jujubes and Althea, of each two ounces, Lohoch Sanans one ounce; Saffron and Water-flag powder'd, of each a scruple: Lick it off a Licorice-stick when you Cough.

For a Hoarſneſs.

TAKE every Night, going to Reſt, half a pint of Mum, as warm as you can drink it at a Draught, for three Nights together.

For a Hooping-Cough, *very Good.*

TAKE a quart of Spring-water, put to it a large handful of Chin-cups that grow upon Moſs, a large handful of unſet Hyſſop; boil it to a pint; ſtrain it off, and ſweeten it with Sugar-candy. Let the Child, as oft as it Coughs, take two ſpoonfuls at a time, if it can.

For a Cough.

MAKE a ſtrong Tea of Ale-hoof, ſweeten it with Sugar-candy, and drink it Firſt and Laſt.

For a Conſumptive Cough.

TAKE half a pound of double-refin'd Sugar finely beat and ſifted, wet this with Orange-flower-Water, and boil it up to a Candy-height; then ſtir in an ounce of Caſſia-Earth finely powder'd. If you love Perfume, a grain of Ambergreeſe does well; drop

drop it in little Cakes on a Mazareen that has been Butter'd, and wiped.

This has Cured those that have spit Blood.

A very Good Pectoral Drink *for the same.*

TAKE Quitch-grass-Roots two ounces, Eringo-Roots one ounce, Loris two drams, Harts-horn one ounce, Raisons stoned two ounces, six Figs, one spoonful of Pearl-Barley, Colts-foot and Sage of Jerusalem, of each one handful; boil these in three pints of Water 'till a third-part is wasted; strain it, and dissolve therein two drams of Sal-prunella, and one ounce of Syrrup of Violets. Drink a quarter of a pint often, when you Cough, or are Dry.

Pills *for* Shortness of Breath.

TAKE a quarter of an ounce of Powder of Elecampane-root, half an ounce of Powder of Licorice, as much Flower of Brimstone, and Powder of Annis-seed, and two ounces of Sugar-candy powder'd; make all into Pills with a sufficient quantity of Tar: Take four large Pills when going to Rest.

This is an Incomparable Medicine for an *Asthma.*

Another for the same.

HALF a pint of the Juice of Stinging Nettles; boil, and scum it, and mix it up with as much Clarify'd Honey: Take a Spoonful First and Last. It has done mighty Cures.

For an Asthma.

TAKE Hyssop-water, and Poppy-water, of each five ounces: Oxymel of Squils three ounces, Syrrup of Maiden-hair one ounce: Take one Spoonful when you find any Difficulty of Breathing.

A good Drink *in a* Consumption.

TAKE of St. John's-wort, the Great Daisy-flowers (call'd Ox-eyes,) and Scabious, of each two handfuls; boil these in a gallon of Spring-water 'till half be wasted; then strain it, and sweeten it with Clarify'd Honey to your Taste: Take a Quarter of a Pint of this in half a pint of New Milk; make your Liquor just so warm; and take it in a Morning, and at Four in the Afternoon.

This *Drink* is highly recommended, and that too upon long Experience.

A Powder *for a* Consumption.

TAKE twelve dozen of the smallest Grigs you can get, wipe them very clean; bake them in a well-glaz'd Pan all Night; set it into the Oven again 'till they are dry enough to Powder; then make them into a very fine Powder, and take as much as will lie on a Half-Crown, three times a Day, drinking with it a glass of Old Malaga, or Canary.

'Tis Restorative, and well Approv'd by many who have try'd it with Success.

For Sweating in the Night, *in a* Consumption.

DRINK a glass of Tent, or Old Malaga, with a Toast, every Morning early, and sleep an Hour after it.

This is good for Consumptive Persons, or such as are Weak, in recovering a long Sickness.

For a Shortness of Breath.

TAKE Flower of Brimstone, and Elecampane-Root finely powder'd, of each an equal quantity; mix this into an Electuary with Clarify'd Honey, and take it whenever you Cough, or find it difficult to Breathe.

For an Asthma; *Incomparable.*

TAKE Juice of Hyssop, Juice of Elecampane-Root, of each one pound; boil these to a Syrrup, with double their weight in Honey or Sugar-candy: Take one spoonful of this Syrrup, in two spoonfuls of Hyssop-Water, and one spoonful of compound Briany-Water; take this three times a Day.

For a Cough *and* Shortness of Breath.

TAKE Elecampane-Roots, one ounce; Saffron, a quarter of an ounce; Ground-Ivy and Hyssop, of each one handful; boil this in two quarts of Water, 'till 'tis above half consumed; strain it out, and sweeten it with Sugar-candy, and take three spoonfuls often.

Another for the same.

SYRRUP of Garlick two spoonfuls, or the Cloves of Garlick preserv'd; either of them very good: But if the Breath be very bad, 'tis best to lose nine or ten ounces of Blood, if the Patient can bear it, before you begin to take so hot a Medicine.

Another

Another for the same.

TAKE one spoonful of Linseed-Oil new drawn, First and Last: This is good in a Plurisie, or any other Cough; and may be used safely at any Age.

For a Chin-Cough.

DRY the Leaves of Box-Tree very well, and Powder them small; and give the Child of this fine Powder, in all its Meat and Drink, that it can be disguised in: 'Tis excellent in that Distemper.

An admirable Electuary *for a* Cough.

TAKE Syrrup of Hoar-hound, Ground-Ivy, and White Poppy, of each one ounce; Crabs-eyes, one dram; and Spermaceti, half a dram; mix and beat these very fine, and take a little spoonful when your Cough is troublesome, and at going to Rest.

For the Plurisie.

TAKE Broom-tops, Dandelion, Red Poppies, and Hyssop, of each two handfuls shred; Flax-seed bruis'd, two ounces; four ounces of fresh Orange-peel, and nine large

Balls of freſh Stone-horſe-dung; to theſe Ingredients, put a gallon of Milk, and diſtil it in a cold Still: 'Tis an incomparable Water, and may be Drank freely of. If you think it too cold, add a ſpoonful of Sack or White-wine, in every glaſs.

Another.

MAKE a Poſſet-Drink pretty clear, with ſmall Ale and White-wine; and to a quart of that, put three balls of Horſe-dung, and one ounce of Angelica-ſeeds; let it Infuſe three Hours; Strain and Drink often, half a pint at a time: This has the ſame Virtue, and is ſooner prepared; but 'tis ſo very nauſeous, that many Stomachs cannot bear it.

An excellent Water *for the* Stone-Cholick.

PUT four pounds of Haw-berries, bruis'd, into four quarts of ſtrong White-wine; let it ſteep twenty-four Hours; then draw off, in a cold Still, two quarts of very ſtrong; and what runs after, keep by itſelf: A quarter of a pint of the Strongeſt, has given Eaſe in very bad Fits at once taking; but if it comes up, you muſt repeat it 'till it does ſtay.

For the Cholick.

SLICE one ounce of the very best Rhubarb you can get, into a quart of Sack; let it Infuse twelve Hours at least, then Drink four large spoonfuls, and fill your Bottle up again: Drink this Quantity once a Day for six Weeks or two Months at least; when your Rhubarb has lost its virtue, you must put fresh. This has cured some People, who could not find Ease in Opiats, nor the Bath; it must be constantly continued, 'till the Bowels and Blood are Strengthned: It has done such Miraculous Cures, where even Laudanum could not; that 'tis impossible to praise it so much as it deserves.

I do therefore advise every Person so Afflicted, for their own sakes, to make the harmless Experiment.

For the Cholick.

TAKE a quart of Double-still'd Aniseed-Water; Infuse in it one ounce of Hirapica; stop it very close, and keep it near a Fire, where it must stand some Days; shake the Glass twice every Day: Take three or four spoonfuls of this in a Fit, when 'tis New; less will serve, after it has stood a Year or two.

For

For a Convulsive Cholick.

TAKE Yellow Transparent Amber, grosly Powder'd; Ginger minced; mix and fill a Pipe, Smoke three or four while in Pain, and always going to Rest.

Another for the Cholick.

BOIL four spoonfuls of right good *Irish*-Usquebaugh, in half a pint of Ale, slice in a little Ginger, and sweeten with Syrrup of Rhubarb: This is a pretty certain Cure, and seldom fails to give present Ease.

For the Cholick.

TAKE the thin Peel that comes off the Kernels of a Ripe Wall-nut dry'd and beat to Powder; the thin Yellow Peel of Orange Powder'd, of each a like Quantity; mix it in a cup of hot Ale and Drink it up. A small spoonful of the Powders, mix'd, is a Dose.

For a Stitch *in the* Side.

TAKE Powder of Angelica-seed, and a large Acorn dry'd and powder'd, of each a like quantity; Drink after it a glass of Black Cherry-Water.

A Posset-Drink *for a* Cough.

TAKE one handful of Hyssop, four sprigs of Mint, as much Savoury and Angelica, one handful of ston'd Raisons, and twelve Figs; Infuse all these in three pints of clear Posset-Drink; add, when strain'd, one ounce of Syrrup of Maiden-hair, as much Syrrup of Violets: Drink often.

To Cure Deafness.

TAKE clean fine Black Wool, and dip it in Civet, put it into the Ear; as it drys, which in a Day or two it will, dip it again; and keep it moisten'd in the Ear for three Weeks or a Month.

Another.

TAKE an equal quantity of good *Hungary*-Water, and Oil of Bitter Almonds, beat them together; and drop three drops in the Ears going to Bed; stop them with Black Wool, and repeat this nine Nights at least.

Another

Another for a Pain *in the* Ear.

THE Juice of Mountain Sage, Oil of Fennel, Oil of Bitter Almonds, Oil of Olives; take an equal quantity of each, and mix them well together: Drop into the Pained Ear three drops, for three Nights. 'Twill eaſe and draw out any Impoſthume, if that be the Cauſe.

For a Pain *in the* Ear.

TAKE half a pint of Claret, a quarter of a pint of Wine-Vinegar; put in Sage, Rue, and Roſemary; let it boil up; put it into a New Mug, and hold your Ear cloſe, ſo that the Steam may be ſure to go in: As it cools, heat it again and again; and when the Strength is pretty well waſted, wrap your Head very warm and go into Bed.

For a Violent Cholick-Pain *in the* Side.

MIX an equal quantity of Spirit of Lavender, Spirit of Sal-Armoniac, and *Hungary*-Water; rub it in with a very Hot Hand, and lay a Flannel on as Hot as you can bear it. Repeat this often.

For

For a Blow *or* Hurt *in the* Eye.

BEAT the Leaves of Eye-bright with a Rotten Apple; lay it on the Eye as a Poultis: Repeat it as it grows dry. I think the Juice of the Eye-bright is best.

A certain Remedy to take Fire *out of a* Burn.

BEAT an Apple with Sallad-Oil, 'till 'tis a Poultis pretty soft; bind it on the Part; and as it dries, lay on fresh. You must be sure to Pare, Core, and Beat your Apple well, for fear of breaking the Skin of the Burn: But if the Skin be off, there is not any thing in Nature so sure to take out the Fire.

An Excellent Ointment *for a* Pain *in the* Side.

BEAT two ounces of Cummin-seed very fine; sift it, and put to it two spoonfuls of Capon-grease, and two spoonfuls of Linseed-Oil; make it hot over the Fire, and anoint the Side with it: Dip a Flannel in the Ointment, and lay it on as hot as you can endure it.

For a Pleurisy *and* Fever.

AFTER Bleeding once or twice, as there is Occasion, let the Patient take an ounce of Linseed-Oil new drawn; sweeten it with Syrrup of Lemons; shake them together 'till they mix, and let this quantity be taken every four Hours: At going to Rest, let them take thirty grains of *Gascoign*-Powder, with a Composing Draught. They must forbear Malt-drink; and take care they do not catch Cold.

This has done great Cures, when taken in time, and will prevent the Distemper falling upon the Lungs.

For a Looseness.

TAKE half an ounce of Hipecacoanna, decoct it in an equal quantity of Claret and Water; let it boil from a quart to less than a pint; strain it, and add one spoonful of Oil; give it in a Clyster to the Party afflicted. If the Patient is Weak, or a Child, you must Infuse less of the Root; a Dram being a full quantity for a strong Man.

It has Cured the most violent Illness of that sort, and was recommended on the Experience of a worthy and Ingenuous Physician.

The best Way of Burning Claret, *for a* Looseness.

TAKE a large Quart-Bottle that will hold more than a quart of Wine; put to that quantity half an ounce of Cinamon, four large blades of Mace, and a large Nutmeg sliced; put a Cork into the Bottle, to keep in the Steam, but don't stop it close or hard, for fear of breaking: Set this Bottle of Wine and Spice into a Skellet of Cold Water, and let it simmer 'till the Wine is a little wasted; sweeten it with Loaf-Sugar, and drink often, if the Patient have a Cold Decay'd Stomach, and no Fever.

For a Looseness.

TAKE an ounce of Cinamon, and as much Ginger; slice both small, and strew it on a Chafing-dish of Coals, over which let the Patient sit as long as the Fume lasts.

For a Looseness.

TAKE three large Nutmegs, and the weight of them in Cinamon; grate and beat the Spice extremely fine; make it into a moist Paste with New-lay'd Eggs; dry them in little Cakes, in a Shovel, over a gentle

tle Fire: Eat the bigneſs of a Half-Crown, Firſt and Laſt, and at Four in the Afternoon.

Another for a Looſeneſs.

TAKE a quart of New Milk, and ſet it on the Fire 'till it boil; then ſcum it, and let it boil, and ſcum it again, as long as any Scum riſes: When 'tis almoſt cold, to the clear Milk put Two-penny-worth of Aqua-Vitæ, and let it ſtand: 'Twill Jelly, and keep (in a cool Veſſel and Place) two or three Days. It has done great Cures.

Cinamon-Water *for a* Looſeneſs *and* Fever.

BOIL a pound of Pearl-Barley, and ſix ounces of Plantain-Seed, in ſix quarts of Water; when both are tender, pour it upon eight ounces of Cinamon: Let it Infuſe all Night, and next Day draw it off in a Cold Still: Let the Patients drink of this as often as they pleaſe: If they like it ſweet, put in double-refin'd Sugar.

For a Looſeneſs *and* Gripes.

MIX up twenty grains of Rhubard, three drops of Oil of Cinamon, and three drops of Oil of Juniper, in near a dram of

of good *Venice*-Treacle; make it into a Bolus, and take it all over Night. Next Morning, in the Working, drink Warm Posset-drink in which Mallows have been Infus'd.

This has done great Cures, when the Distemper has been very Dangerous.

Another for a Looseness *and* Gripes.

INFUSE a pound of Poppies in half a pint of Spirit of Wine: Take a large spoonful of this Liquor, with six drops of Oil of Juniper, in a glass of Black-Cherry-Water, sweeten'd with double-refin'd Sugar. 'Twill give Ease in Extreme Pain and Torture.

Note, You must mix your Oil with the powder'd Sugar before you put it into the Liquor, or 'twill swim on the top, and not mix.

For the same.

PUT a large spoonful of good Plantain-seed into half a pint of Spring-water; boil it halfaway, and strain it out; sweeten it with double-refin'd Sugar, and drink it All.

It often Cures at once; but must be repeated, if there be Occasion.

To Help a Hot *and* Coſtive Habit of Body.

PRESERVE Green Wall-nuts before the Shell is hard, after they have lain a Day and a Night in Water, firſt prick'd full of Holes; boil and ſhift the Water often, 'till they are tender; ſtick in each a bit of Candy'd Orange-peel, and take their weight in a ſweet *Lisbon*-Sugar; boil them up, and take two, three, or four of theſe when going to Reſt.

They are a Gentle, Wholſome, and Certain Purge.

Another.

DISTIL a quantity of Wood-ſorrel-Water in the Spring, and ſweeten it with Syrrup of Violets: An ounce of Syrrup to a quarter of a pint of Water is a Doſe for any Body, and may be ſafely taken, even in a Fever, or Lying-in: A leſs quantity for a Child.

Another.

ROASTED Apples, with Carraway-Comfits, eaten conſtantly every Night, has been the Method of a Gentleman of Fourſcore, who has hardly ever taken other Phyſick,

Physick, or omitted this for Fifty Years, and never felt the Gout, or Stone, or any other Distemper incident to Old Age.

Another.

BOIL a few Mallows in one Porringer of Water-gruel; strain it out, and instead of Salt, put in a pugil of Cream of Tartar: Let this be your Morning's Draught.

Another.

ONE spoonful of Syrrup of Peach-Blossoms, taken in a glass of the Water distill'd from the Leaves, or in which the Leaves and Worm-seed have been decocted, is a most Safe and Certain Medicine for the Worms in Children.

The End of the FIRST PART.

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FINIS.

A

COLLECTION

OF

RECEIPTS

IN

Cookery,

Phyſick *and* Surgery.

PART II.

CONTAINING LIKEWISE

A great Number of Excellent Receipts for Preſerving and Conſerving of Sweet-Meats, *&c.*

By ſeveral Hands.

LONDON,

Printed for RICHARD WILKIN, at the *King's Head* in *St. Paul's Church-Yard*.

MDCCXIX.

THE PREFACE.

THE *good Reception which the former Part of these Collections has met with, as it has encourag'd the* Bookseller *to venture on a Second Edition; so it has laid upon the Author a Generous Obligation of endeavouring to be further serviceable to the World, in the same manner, especially to those Ladies who have so true a Judgment, as to Esteem the Character of a good* OEconomist, *not only consistent with,*

but becoming and ornamental to the Education and Title of a Gentlewoman.

What has been repreſented to me as chiefly deficient in the Firſt Part, *is the want of a ſufficient Number of* RECEIPTS, *in the Art of* Preſerving and Conſerving of Sweetmeats, *which is for that Reaſon more largely ſupply'd in this Second, with ſuch as are admirable in their Kind, and curious in their Variety, and uſed by the beſt and moſt expert Miſtreſſes in that nice Affair.*

To theſe my Judicious and Generous Benefactors, I am in all Juſtice and Gratitude bound to renew my Acknowledgments, for their kind and ready Aſſiſtance, which has enabled me to accompliſh both theſe Undertakings; rejoycing that I can now

now Addreſs them in more than the naked Words of Thanks and Compliment, by acquainting them, that they are in Poſſeſſion of the greateſt Reward of their good Works, which their honeſt Ambition ever aim'd at; many Hundreds of Families being now improving by their uſeful Inſtructions, and the Advantages thereof, being likely to deſcend to ſucceeding Races of Young Ladies, who may thereby be both excited and qualified to follow their Examples.

I have only to add, that in this Second Collection, *the induſtry in Procuring, caution in Chuſing, and faithfulneſs in Delivering the ſeveral Receipts, in the fulleſt and plaineſt Manner poſſible, have in every Reſpect been equal to what was uſed in the preceding Volume; which, though Publiſhed by unknown*

Hands, has by its own real and intrinsick Worth, made its way, and spread itself in so wide a manner, that it may reasonably be hoped to have Credit enough to recommend this Supplement, *to the Esteem and Approbation of the Publick.*

A COL-

A COLLECTION OF RECEIPTS In *Cookery*, &c.

PART II.

To make Plum-Porridge.

BOIL a large Leg of Beef to Rags, and make as much Broth as will Jelly when cold; when 'tis enough, ſtrain it, let it ſtand to be cold, that you may take off all the Fat, then put it over the Fire again; and to every gallon of Broth, put near a pound of Currants, and half a pound of Raiſons, clean waſh'd and pick'd; Stew alſo two pound of Prunes, and when they are

plumpt, take out the faireſt to put in whole, and pulp the reſt through a Cullender, and waſh the Stones and Skins clean with ſome of the Broth: take alſo the Crumb of a Penny white Loaf grated, to every Gallon; and to four Gallons, you may put about two Nutmegs, the weight of that in Cloves and Mace, and the weight of all in Cinamon; let all the Spice be finely beat and grated, add Salt and Sugar to your Taſte; when the Fruit is plump, 'tis enough; but juſt before you take it from the Fire, ſqueeze in the Juice of four or five Lemons, and throw in the Peel of two; four Gallons will require a quart of Claret, and a pint of Sack, which muſt be put in with the Fruit.

To make Calves-Foot Broth.

BOIL your Feet in as much Water as will make a good Jelly, when 'tis enough ſtrain it, and ſet the Liquor on the Fire again, with two or three blades of Mace; if 'tis two quarts, about half a pint of Sack, half a pound of Currants clean waſh'd and pick'd; when they are plump, beat up the Yolks of two Eggs, and mix them with a little of the cool Liquor, ſo thicken it with great Care over a gentle Fire, put Salt and Sugar to your Taſte, and ſtir in a bit of Butter; a little before you take it off the Fire, put in the Juice and Peel of a freſh Lemon;

Lemon: This, tho' old fashion'd, is a pretty Supper-Dish.

Calves Feet, *another way.*

BOIL two Calves Feet, a bit of Veal, a bit of Beef, and the bottom of a white Loaf, add no Seasoning, but two or three blades of Mace, a sliced Nutmeg, and some Salt; have some boil'd Rice to stir in after you have strain'd it from the Bones and Skins; put a boil'd Chicken in the middle, and Sippits in the Dish. This is very Nourishing, and less offensive to weak Stomachs, than any Soop that is made.

To Dress a Cod's Head.

WHEN you have wash'd and pick'd it extreamly clean, tie it up tight with a broad Filleting, that it may keep together, and take out as whole as 'tis possible; let the Liquor you boil it in be one pint of Vinegar and the rest Water, enough to cover it; put into this three Onions quarter'd, some whole Pepper, Mace, and Sweet-herbs, and when it boils, throw in a Handful of Salt, 'tis apt to discolour it, if put in at first; when 'tis clean Scum'd, and Tastes well of the Spice, put in the Head, let it Simmer at least half an Hour; then take it out, and place it on your Dish, over a hot Chafingdish

of

of Coals; that it may be ſure to drain very dry, prick the Eyes, and other part of the head, to let out the Liquor, and ſoak up all with a Spunge; the Sauce muſt be made with a pint of White-wine, almoſt as much Water, ſix or eight Anchovies, a large Onion, a Nutmeg, four or five blades of Mace, ſome whole Pepper, and a bit of Lemon peel and Horſe-radiſh, if you like it; when the Anchovies are diſſolv'd ſtrain it, and add the Liver of the Cod bruis'd, the Body of a Lobſter, and at leaſt a pound of extraordinary Butter, work a little Flower with a bit of the Butter, that it may mix, and be all of a Colour; let the laſt thing be the Juice of a Lemon or Vinegar, the reſt of the Lobſter cut in Dice, ſome Shrimps and Oyſters fry'd and ſcalded, and fry'd Flattiſh round the Head.

To Broil Chickens.

LET your Chickens be very Fat, ſlit them down the back, and ſeaſon them with Salt and Pepper, lay them on a very clear Fire, and at a great diſtance, and let the inſide lie next the Fire, that the fleſhy ſide be not ſcorch'd or diſcolour'd, when they are half done, you may turn them often, and baſte them mightily, ſtrew on ſome Raſpins of a *French*-roul, that it may be criſp, it muſt be finely grated; ſhred Parſley

and

and melted Butter, is a good and a ready Sauce; but I am order'd to ſet down what follows as extraordinary, take a large handful of Sorrel, dip it in ſcalding Water, then drain it, and have ready half a pint of ſtrong Broth or Gravy, a Shallot ſhred ſmall, a little Thyme, a little Parſley, a bit of burnt Butter to thicken it, lay the Sorrel in heaps, and pour the Sauce over it; Garniſh with ſliced Lemon.

To Stew Wild Fowl.

HALF roaſt them, and cut them in Pieces, ſet them over a Chafingdiſh of Coals, with half a pint of Claret, as much good Gravy, which muſt be firſt boil'd and ſeaſon'd with Shallot and Spice; let it ſtew in this Liquor, till 'tis high Colour'd and well mix'd, and they eat better than off the Spit.

A good Gravy, *to keep ready for any Uſe.*

BURN an ounce of Butter in your Frying-pan, but always take care to do it at ſuch a diſtance from the Fire, that as you ſtrew in the Flower to the Butter, it may be brown, but not black; put to it two pound of courſe lean Beef, a quart of Water, and half a pint of Wine, Red or White,

as

as you like the Colour; put three Anchovies, two Shallots, ſome whole Pepper, Cloves and Mace, three or four Muſhrooms, or as many Pickl'd Wall-nuts, let it ſtew gently near an Hour, then ſtrain it; 'twill keep ſome Time, and is proper for any ſavory Diſh.

To Roaſt Pike *or* Mackerel.

TAKE one large Pike, or four large Mackerel, draw and waſh them clean, make the Seaſoning of four Anchovies, a pint of Oyſters, or Shrimps, Nutmegs, Cloves and Mace, a little Parſley, an Onion or Shallot, if you like it; ſhred and grate all theſe very ſmall, and mix it up with full half a pound of good Butter, fill the Bellies of the Fiſh with this Seaſoning, and ſtrew ſome on the outſide of them, with flat large Scuers and a broad Tape, tie them on to the Spit, baſte it as it Roaſts with Claret, or Butter (I prefer the laſt) let your Sauce be Wine, Oyſter Liquor, Anchovie, Spice, Butter and Vinegar, which is always to be the laſt Ingredient; when you ſtir in your Butter, take care you ſtir in no more Flower than will make it mix well, becauſe the Seaſoning thickens it.

To Roaſt Eels.

SKIN and waſh the fineſt large Eels you can get, cut them in three, four or five pieces, according as they are for Size; make a Seaſoning of grated Nutmeg, beaten Pepper and Salt, a little Thyme and Sage, a little Lemon peel, the Crumb of white Bread; let all theſe be finely grated and ſhred, and ſtrew'd on the Eels, ſtick them croſs each other on Skewers, and tie the Skewers to your Spit, and let them Roaſt till they begin to Crack, and are white at the Bone, be ſure to baſte them well, as they Roaſt; melted Butter and Juice of Lemon is the beſt Sauce, becauſe the Seaſoning gives them as good a Reliſh as they can have; they Fry or Broil as well as Roaſt, ſo ſeaſon'd.

A Sweet Sauce for boil'd Mutton, *very Good.*

TAKE a quarter of a pint of the Broth your Mutton was boil'd in, put to it four Spoonfuls of the Pickle of Capers or Samphire, ſet it on the Fire to boil; then ſhred a Carrot, which has been firſt boil'd tender, and four ſpoonfuls of Capers or Samphire ſhred, put this into the Liquor; when it boils ſtir in four Ounces of Butter, and ſhake a very

a very little Flower, ſweeten it, and pour it over the Meat: 'Tis a grateful, tho' old faſhion'd Sauce.

To make a Paſty of Beef *or* Mutton, *as good as* Veniſon.

BONE a ſmall Rump, or a piece of a Sir-loin of Beef; or if you like Mutton better, let it be a Loin or a Shoulder of Mutton, but Beef is beſt; when your Meat is Boned, beat it very well with your Rouling Pin, then rub ten pound of this Meat with four ounces of Sugar, and let it lie twenty four Hours, then wipe it very clean, or waſh it off with a Glaſs of Claret, and Seaſon it high with Pepper, Nutmeg, and Salt, lay it in your Cruſt, and cover ſo much Meat with full two pound of Butter; put on the Cruſt, and bake it as much as Veniſon; ſet the Bones into the Oven, with no more Water than will cover them, that you may have a little good Gravy, to put into the Paſty, if it wants it when draw'd. Let no one diſlike the laying it in Sugar, till they have try'd it, for how prepoſterous an Ingredient ſoever it may ſeem in a ſavory Pye, I muſt beg leave to aſſure the Reader, that nothing gives ſo certain a ſhortneſs and tenderneſs to the Meat as Sugar; and if carefully waſh'd or wip'd off, it leaves a Delicacy that is equal to Veniſon: and ſince

I have

I have Occaſion to mention Sugar, 'tis my Opinion, that in our common *Engliſh* Bacon, 'tis as effectual in the Cure of it as Salt; and whereas abundance of Salt makes it hard and dry, the addition of Sugar gives a tenderneſs almoſt equal to right *Weſtphalia*, and preſerves it good all the Year, with half the quantity of Salt we formerly us'd.

A Shrimp Pye.

TAKE a quart of Shrimps, clean pick'd from the Shells, if they are very Salt in the boiling, Seaſon them only with a little Cloves and Mace, but if they want Salt, ſhred two or three Anchovies very fine, and mix them with the Spice, and Seaſon the Shrimps; you may make a good Cruſt, becauſe they don't want much baking; put a pretty deal of Butter over and under them, one Glaſs of White-wine, and ſet it in the Oven: Where Shrimps are to be had, this is not an expenſive, but a very delicious Diſh.

A Hare Pye.

BONE the Hare, and ſhred the Meat ſmall, take almoſt the weight in freſh Beef-ſuet, ſhred that ſmall then too, beat both in a Marble Mortar, 'till 'tis ſo finely mixt you cannot diſcover the Meat from the Suet; if

the

the Hare was large it will take up two ounces of Salt, two ſmall Nutmegs, their weight in Cloves and Mace; and add alſo a little fine Pepper, mix the Spice well with the Meat, and put it into a good Cruſt and bake it; 'tis good hot or cold.

A very pretty Cruſt *for* Tarts.

TAKE three Eggs and beat them well together, put to them three ſpoonfuls of cold Water, then break in a pound of Butter; while you are working it all together, let ſome Flower be ſhak'd in, and work it together, ſtill ſtrewing in more Flower, 'till 'tis a pretty ſtiff Paſte, then roul it out for Tarts; it keeps criſper and longer than puff Cruſt for moſt Uſes.

A Green-Gooſe Pye.

TAKE two fat Green Geeſe, bone them and ſeaſon them pretty high, with Nutmegs, Cloves, Mace, Pepper and Salt, and if you like it, two whole Onions; lay them upon each other, and fill the ſides, and cover them with Butter: Let them be well bak'd, and they eat delicately hot or cold.

To Pot Cheſhire Cheeſe.

TAKE three pound of Cheſhire Cheeſe, and put it into a Mortar, with half a pound of the beſt freſh Butter you can get, pound them together, and in the beating add a Glaſs or two of rich Canary, and half an ounce of Mace, ſo finely beat and ſifted that it may not be diſcern'd; when all is extremely well mix'd, preſs it hard down into a Gallypot, cover it with melted Butter, and keep it cool; a ſlice of this exceeds all the Cream Cheeſes that can poſſibly be made, and is generally more acceptable.

To make a Cold Haſh, *or* Salad-Magundy.

TAKE a cold Turkey, two cold Chickens, or if you have neither, a piece of fine white Veal will do; cut the Breaſts of theſe Fowls into fair ſlices, and Mince all the reſt; to the Quantity of two Chickens you muſt take eight or ten large Anchovies, waſh and bone them, eight large Pickl'd Oyſters, ten or twelve fine green Pickl'd Cucumbers, ſhred the Oyſters, the Anchovies, the Cucumbers, and one whole Lemon ſmall, mix them with the ſhred Meat, lay it in the middle of the Diſh, lay the ſlices of the

white part round the Diſh, with halv'd Anchovies, whole Pickl'd Oyſters, quarter'd Cucumbers, ſliced Lemon, whole Pickl'd Muſhrooms, Capers or any Pickle you like; cut alſo ſome fine Lettice, and lay round among the Garniſh, but put not Oil and Vinegar to the Minced Meat, 'till it comes to Table.

To Souſe a Turkey, *in Imitation of* Sturgeon.

TAKE a fine large Turkey, dreſs it very clean, dry and bone it, then tie it up, as you do Sturgeon; put into the Pot you boil it in, one quart of White-wine, one quart of Water, and one quart of good Vinegar, and a very large handful of Salt, let it boil and ſcum it well, and then put in the Turkey; when 'tis enough, take it out and tie it tighter, let the Liquor boil a little longer, and if it wants more Vinegar or Salt, add it when 'tis cold, pour it upon the Turkey, 'twill keep ſome Months; you eat it with Oil and Vinegar, or Sugar and Vinegar; 'tis more delicate than Sturgeon, and makes a pretty variety; if that is not to be had, cover it with Fennel, when it is brought to the Table.

A very pretty way to eat cold boil'd Beef.

SLICE it as thin as 'tis poſſible, ſlice alſo an Onion, or a Shallot, and ſqueeze on it the Juice of a Lemon or two, then beat it between two Plates, as you do Cucumbers; when 'tis very well beaten, and taſtes ſharp of the Lemon, put it into a deep *China* Diſh, pick out the Onion, and pour on Oil, ſhake in alſo ſome ſhred Parſly, and Garniſh with Sliced Lemon; 'tis very ſavory and delicious.

To make Excellent Meat of a Hog's-Head.

TAKE the Head and ſpilt it, take out the Brains, cut off the Ears, and lay it in Water one Day, then boil it 'till all the Bones comes out, then take off the Skin as whole as you can, for that is to be laid over and under it, chop it ſmall, as faſt as you can, while 'tis hot; ſeaſon it with Pepper, Salt, Mace, Nutmeg, or *Jamaica* Pepper, if you like it, inſtead of Mace; preſs it down into a Pudding or Veniſon-pan, lay the Skin over and under it, cover and preſs it down very cloſe, and when 'tis quite cold 'twill turn out and cut as cloſe as a Cheeſe; you may add Salt and Vinegar to ſome of

the Liquor 'twas boil'd in, and keep it in that Pickle: 'Tis eat with Vinegar or Muſtard, and is better than Brawn, if the Head you make it of be large and fat.

A very good way to keep Tongues *in Pickle for Boiling, to Eat Hot or Cold.*

CLEAN them well, and rub them very dry, then lay them flat in a Tray, and Salt them well, with common Salt; let them lie two Days, then beat an ounce of Salt-Petre for every Tongue, and ſtrew it on the top of the Tongue; let it lie two or three Days, and then Salt it again with common Salt, after this turn them often, and put freſh Salt when wanted; theſe need never be Dryed, but kept always in the Pickle, and boil'd when you have Occaſion out of the Pickle.

An admirable Pickle, *in Imitation of* India Bamboo, *exactly as that is done.*

TAKE the largeſt and youngeſt ſhoots of Elder, which puts out the middle of *May*, the middle Stalks are moſt tender and biggeſt, the ſmall are not worth doing; peel

peel off the outward Peel or Skin, and lay them in a ſtrong Brine of Salt and Water for one Night, and then dry them in a Cloth, piece by piece; in the mean Time, make your Pickle of half White-wine and half Beer-Vinegar; to each quart of Pickle you muſt put an ounce of White or Red Pepper, an ounce of Ginger ſliced, a little Mace, and a few Corns of *Jamaica* Pepper; when the Spice has boil'd in the Pickle, pour it hot upon the Shoots, ſtop them cloſe immediately, and ſet the Jar two Hours before the Fire, turning it often; 'tis as good a way to green this or any other Pickle as often boiling, though either way is certain, if you keep it ſcalding hot; always uſe Stone-Jarrs, for any ſort of Pickle, if they can be got; the firſt Charge is inconſiderable, and they do not only laſt longer than Earth, but keep the Pickle better, becauſe Vinegar will penetrate through all Earthen Veſſels, and Glaſs will not bear the Fire: This is a very criſp pretty Taſted Pickle.

To Pickle Small Onions.

TAKE ſmall Onions, peel off the outward Skin, and put them in Salt and Water all Night; pour that away, and put a freſh Pickle of Salt and Water, made ſtronger than the firſt; ſet them on the Fire in this, and let them juſt boil, ſcum

them well, and take them off the Fire, ſet them by to cool, and make a Pickle of White-wine Vinegar, Pepper, Mace, and a little Ginger; let all ſtand to be cold, then dry the Onions from the Brine, and put them into the Pickle; if you add Muſtard-ſeed, they will keep ſome Time: They taſte and look very pretty among green Pickles.

To Pickle Cucumbers *in Slices.*

TAKE Thirty large Cucumbers, cut them in ſlices, but not too thin, put them in a broad Pan, and lay with them ſome ſmall Onions peel'd, let them ſtand Twenty-four Hours; then put them into a Cullender to drain; boil Two quarts of Vinegar, with whole Pepper, large Mace, and Ginger; put the Cucumbers into a Jarr, and pour the Pickle boiling-hot upon them, ſtop them very cloſe that Moment, ſet them by for Two Days; and then boil the Pickle again, as before, till they are green'd.

Note, That they keep beſt unpair'd, and the whole ſmall Onion may be kept in the Pickle with them.

An Incomparable way to make Muſtard.

TAKE a quart of the beſt Muſtard-ſeed you can get, let it be well dryed, finely beat and ſifted, then put to mix it two parts White-wine Vinegar, and one Sack, alſo one Spoonful of double-refin'd Sugar, ſtop it cloſe, and it will keep a Year: If you are curious in your Seed, this way of making it gives a very agreeable quickneſs and flavour, that is not ſo diſguſting in the Breath, as when Garlick is kept in the Jugg.

To Stew Cucumbers *to Eat Hot.*

TAKE ſix large Cucumbers, pare them and cut them in ſlices, not too thin, put them into your Sauce-pan, with ſome Salt, and a whole Onion, not too large; let them ſtew in their own Liquor a little, then drain all that Liquor away, as dry as you can; and put to them, when you have taken out the Onion, one Anchovy, two or three blades of Mace, a ſpoonful of Gravy, and a quarter of a pint of Claret; when the Anchovy is diſſolved, ſhake in a bit of burnt Butter, to thicken it; 'tis a Sauce generally lik'd with Veniſon or Mutton, and is indeed very ſavory; ſome People add

Ale, rather than Wine, and 'tis very good, where Wine cannot be had.

To keep Artichoak *Bottoms for Sauce.*

TAKE your Artichoaks about *Michaelmas*, they may be the ſmall Plant ſort, boil them ſo much, as to take off all the Leaves, and the Choak; then put them on Tin Plates, and ſet them into your Oven, after your other Things are out, when 'tis ſo cool as not to diſcolour them in the leaſt; do this till they are very dry, then put them into an Earthen Pot to keep; tie them down cloſe, and keep them in a dry Place; when you would uſe them, put them into ſome ſcalding Water, till they are tender, cut them in large Dice, they look white, and eat very ſweet all Winter.

To keep Muſhrooms *without Pickle, for Sauce.*

TAKE large Muſhrooms, peel them and take out all the inſide, lay them in Water ſome Hours; then ſtew them in their own Liquor, and lay them on Tin Plates, as you do the Artichoak-bottoms, in a cool Oven, repeat it till they are perfectly dry, tie them down, and keep them dry as the other. I cannot find they will look white,

white, take what care we can; therefore in the Stewing, I put ſome Mace and Pepper, ſo they eat delicately and look as well as Truffles.

To Collar Veal.

TAKE the Fillet of a Fat Leg of Veal, bone it, and cut the Fat in ſlices to mix well, and roll up in the Collars; make your Seaſoning of Pepper, Cloves, Mace, and Salt, ſhred alſo Lemon, Thyme extreamly ſmall, place the Pieces of Fat, and ſtrew the Seaſoning, that it may be all Places alike; then roll it very tight, and boil it tender in half White-wine, and half Water, ſeaſon'd with Salt and Spice; when 'tis enough, new roll it, and keep it in that Pickle.

A Neat's-Tongue Pudding.

BOIL a ſmall Neat's-Tongue, before 'tis Salted; when 'tis enough blanch it, and when 'tis cold, ſhred or grate it extremly fine, put to it a Penny Loaf grated, near a quart of Cream, eight Eggs, but half the Whites, beat and ſtrain the Eggs, then add a ſpoonful or two of Sack, a little Salt, beaten Cloves and Mace, and Sugar to your Taſte; a few Currants, and ſome Citron-peel Candy'd; when you have laid a

Puff

Puff-paſte in the Diſh, put in the Pudding; and then ſtick all over with large Pieces of Marrow.

The beſt way to make the old Engliſh Bread Pudding.

GRATE a Penny Loaf, all but the Cruſt, and pour upon it a full pint of boiling Milk; if you can get Cream 'tis better; cover it and let it ſtand to ſcald; for this quantity beat up five Eggs, leave out two Whites, with a little Salt, and a little Sugar, ſtrain this to the Bread and Milk; when that is pretty cool, grate in a little Nutmeg, and mix all well; pour it into little Wooden Diſhes, that have been Butter'd, and are of a ſize, tie them up in Cloths, very tight; half an Hour will bake them; be ſure to Flower the Cloth you tie over the Diſh; becauſe if you would have your Pudding very good, you muſt make them almoſt as thin as Cuſtard; and in the Spring, the addition of Juice of Spinnage, makes them as good as Tanſey.

French Bread.

TAKE a quart of Flower, and put to it three ſpoonfuls of Ale-yeaſt, an equal quantity of Milk and Water warm'd; about the bigneſs of a Walnut of good Butter, and

and a little Salt; make them pretty light and drop them on Tin Plates, ſet them before the Fire to riſe, and bake them in a quick Oven, raſp them; ſome People put three Eggs, only one White, to this quantity; but I think Eggs make it tough, and not ſo ſhort; but that as you pleaſe.

An Excellent Oatmeal Pudding.

PUT into a quart of Milk, juſt warm, one pint of whole Oatmeal, very carefully pick'd, let it ſoak at leaſt Two Hours; then add to it a quarter of a pound of ſtoned Raiſons, half a pound of Currants, a little Salt, four ounces of Sugar, and full half a pound of good Butter; if you bake it, Marrow on the top is a good Addition; 'tis very good either bak'd or boil'd.

A Rice *or* Millet Pudding.

TAKE ſix ounces of whole Rice, or Millet-ſeed, to this put full three pints of New Milk, rather more than a quarter of a pound of Sugar, a little Salt, and ſix ounces or near half a pound of Butter; for unleſs you have Marrow, Butter is better in all theſe than Suet: I ſet down all theſe without Eggs, becauſe they are generally as well, if not better lik'd without; but if you would have them of the Cuſtard ſort, you may

may add from four to Nine Eggs, beat them well, and leave a little of your Milk to mix and ſtrain with them.

A Pancake Pudding.

TAKE a quart of Milk, four Eggs, two large ſpoonfuls of Flower, a little Salt, and a very little grated Ginger; Butter your Diſh, and bake it; pour melted Butter over it when it comes out of the Oven: 'Tis a cheap and very acceptable Pudding, being leſs offenſive to the Stomach than fry'd Pancakes.

Puffs *to Fry inſtead of* Fritters.

TAKE a pint of Milk, and mix as much Flower as will make it a Haſty Pudding; take care to mix it with a little of the Milk at firſt, and ſo more and more, that when you ſet it on the Fire to thicken, it may not grow lumpy; pour it out to cool, and then add to it three Eggs, a little Salt and Sugar, beat all in a Mortar; fry them in good Lard over a quick Fire: They are to be drop'd ſmall, and will be round.

Herb Dumplins.

TAKE the Crumb of a two-penny Loaf grated, ſift it through a Cullender, take almoſt as much freſh Beef Suet, ſhred and ſifted, put in Thyme, ſweet Marjoram, Savory, and as much Penny-royal as all the other Herbs together; let all be ſhred extreamly ſmall; put in a few Currants neatly pick'd and waſh'd, a little Salt, grated Nutmeg, and a ſpoonful of Sugar, beat two Eggs with two ſpoonfuls of Sack, mingle all theſe; rub a little Flower on your Hands, and roll them up as big as Tennis Balls; boil them half an Hour; melt your Butter with a Glaſs of Sack, and ſtrew Sugar over them; 'tis beſt to let your Water boil before you put them in.

An Almond Pudding.

BOIL a Quart of Cream, and when 'tis cold, put to it the Whites of ſeven Eggs new laid, that they may be beat to a froth, blanch five ounces of fine *Jordan* Almonds, and beat them ſmall, with a little Orange-flower-Water, then mix them with your Cream, and Whites of Eggs; make it pretty ſweet with fine Powder Sugar, then lay on the top ſome thin ſlices of Orange, Lemon and Citron-peel neatly cut; take care

to

to bake it in a cool Oven; for when the Cruſt is bak'd, 'tis enough; you are to lay a thin Cruſt in the Diſh, before you pour it in, and Garniſh the Brim with the ſame: This is a very delicate Pudding as can be made, and not very expenſive.

To make Mackeroons.

BLANCH and beat your Almonds, with Roſe or Orange-flower-Water, to every pound of Almonds put a pound of fine Sugar, and the Whites of three large Eggs, beat to a Froth, put all to the Almonds, and beat it together very well in your Mortar; when 'tis ſmall enough, make it ſcalding hot in your Preſerving-pan, then drop it on Wafer Paper, and bake it on Sheets of Tin; be ſure the Oven be not ſcorching.

A Lemon Pudding.

TAKE a quarter of a pound of Almonds, blanch them, and beat them very fine, with Orange-flower-Water, or fair Water will do, to keep them from Oiling as they beat; when they are fine, put in half a pound of Butter, three quarters of a pound of fine Sugar; then beat it again, and grate in the Rinds of two large Lemons, and ſqueeze in the Juice of one, and beat it again;

again; put in the Yolks of twelve Eggs, well beaten, mix it again extreamly well; put a Puff-paſte at the bottom of the Diſh; put the Pudding in, and cover it with a Puff-paſte; three quarters of an Hour will bake it, take care your Oven be not ſo hot to ſcorch it: 'tis a moſt delicate Pudding, and a very exact and certain way for either Orange or Lemon.

An Orange Pudding *for Skins.*

TAKE the Rinds of twelve *Sevil* Oranges, boil them in Water till they are very tender, and the bitterneſs almoſt gone, the Water muſt be ſhifted ſeveral Times; then dry them from the Water, and put them into a Marble Mortar, and beat them pretty ſmall, with half a pound of *Jordan* Almonds blanch'd, putting in often Sack, and three or four ſpoonfuls of Orange-flower-Water; grate a pound of *Naples* Bisket, and a Penny white Loaf, which you muſt ſteep in warm Milk, breaking it ſometimes, for fear it ſhould gather into Lumps, when cold; put in twenty Eggs well beaten, leave out five Whites, take two full pound of the Hogs Lard, which you muſt ſcrape very fine with your Spoon; put in a little Salt, and as much fine Sugar as will make it very ſweet; put all together when the Bread and Milk is cold, and mix it extreamly well with

with your Hands, that the Fat be not in Lumps; this Fat eats as well as Marrow; fill your Skins, and boil them with great Care.

White Lemon Cream.

TAKE almoſt a pint of Water, and the Whites of Nine Eggs very well beaten, and the Juice of Four large Lemons, or Five if they are not large; then ſtrain it through a Jelly Bag, and put to it half a pound of double-refined Sugar, beat and ſifted; ſet it on a ſoft Fire, and keep it conſtantly ſtirring all one way, 'till 'tis as thick as Jelly; pour it out quick.

A Rice White-Pot, *very Good, indeed.*

TAKE one pound of Rice, boil it in two quarts of Milk, 'till 'tis thick and tender, then beat it very well in your Mortar, with three or four ounces of blanch'd Almonds, boil two quarts of Cream, with Crumbs of white Bread, and Blades of Mace; put all together, with the Yolks of Eight Eggs, ſome Roſe-Water, and Sugar to your Taſte; when 'tis in the Oven, lay in ſome Candyed Orange and Citron peels, cut thin in handſome peices: This is very good, and half the quantity, or a quarter, makes

makes a very pretty China Baſon full: Be very careful in the Baking; 'tis ſoon ſpoil'd, if too hot.

Cream Flummery.

TAKE a pint of Cream, three ſpoonfuls of Rice Flower, very fine ground or beat, and ſifted 'till it is ſmall, three ounces of Sugar, and two ounces of Almonds, beat ſmall; beat with ſome ſpoonfuls of Milk, for fear of Oiling, the Whites of three Eggs, beat; ſtrain the Cream and Eggs to the Almonds, and ſet it on the Fire, and ſtir it all one way, 'till 'tis thick and ſmooth as a Cuſtard; then pour it into deep Glaſſes, that when 'tis cold it may turn out in picked Shapes; blanch and cut ſome Almonds in ſlips to ſtick upon it.

Currant *clear* Cakes.

INFUSE your Currants in a Stone Pot or Jug, that you may keep it cloſe cover'd in a Kettle of Water, to boil 'till they are tender; then paſs them while they are hot through your Jelly-bag; to a pound of this Liquor, put a pound of double-refin'd Sugar, boil'd to a thick Candy, 'till 'tis almoſt Sugar again; then put in your Liquor, and make it ſcalding hot, but it muſt not boil; then put it into Glaſſes, the thickneſs you

would have your Cakes of, and put them in your Stove, with a moderate Heat, 'till they are a ſtrong Jelly; then turn them out upon Glaſs Plates, ſift a little Sugar on the top of them; keep them turn'd and ſtoved 'till they are Candy'd. White Currants and Pare Plumbs are done the ſame way.

Raſberry Cakes.

INFUSE your Rasberries as you do the Currants, and let the Liquor run out; then put to the pulp of the Rasberries as much or more of the Currant Liquor as run out of the Rasberries; put the weight in Sugar, and boil it to a Candy as exactly as you did the other.

Note, That the Seeds of the Rasberry are not to be mix'd, therefore 'tis beſt to ſtrain them through a thin ſtrong Cloth, that you may get all the pulp, and leave only the dry Seeds hard preſt. Quinces and Apricock clear Cakes are made the ſame way, only they are ſcalded in fair Water, 'till tender, and not by Infuſion, as this ſmall Liquid Fruit is.

Raſberry Jamm.

YOU are to infuſe your Rasberries as before, but muſt be very careful to pick your Fruit from the dead and maggotty ones; when they are tender, take out ſome of their Liquor, and put the ſame Quantity of Currant Liquor to what is left; put the weight in Sugar, and boil it up together; put it into your Glaſſes, to eat with Cream all the Year.

I believe this general Rule will never fail you, becauſe the Perſon who ſent it excels in Sweet-Meats; the Rasberry-Liquor that you take out, may be boil'd up for Syrrop, which no Family ſhould be without; but ſome Currant Liquor put to the Rasberries makes it Jelly; ſo that it looks better, and taſtes quicker.

To make Red Quince Marmalade *in* Jelly.

SCALD as many fair large Quinces as you would uſe; then grate as many of the ſmall ones as will make a pint or a quart of Juice, according to the quantity you ſhall want; let this Juice ſettle, after you have preſt it through a courſe Cloth; then ſtrain it through a Jelly-bag, that what you uſe may be perfectly clear; to every

pint of this Liquor, put a pound and half of Sugar, and a pound and a half of the ſcalded Quinces, which muſt be par'd and cored, before they are weigh'd; ſet it all at firſt on a pretty brisk Fire; when it begins to boil, make it ſlower; and when you ſee it begins to turn Red, cover it with a Pye-plate tyed up in a Cloth; when 'tis a fine bright Red, take it off and fill your Glaſſes: You muſt carefully watch the Colour, becauſe it turns muddy and black in a Moment, and the Colour is as Delicate as the Taſte in this and all Sweet-Meats.

To Preſerve Cherries.

TO a pound of Cherries, after they are pick'd and ſton'd, put a quarter of a pint of the Juice of White Currants (firſt infus'd and paſs'd through a Jelly-bag) and the weight of both Liquor and Cherries in double-refin'd Sugar; ſift your Sugar, and ſtrew it as you put them into your Preſerving Pan; boil and ſcum it, 'till the Cherries look clear from the ſcum; then put them into your Glaſſes: Some put in Gooſeberry-Liquor ſo ſtrain'd, but Currant is better, if they are White and full Ripe.

A moſt admirable Way to Dry Cherries.

TO every five pounds of Cherries ſton'd, put one pound of double-refin'd Sugar; put the Cherries into the Preſerving Pan, with a very little Water, make both juſt ſcalding hot, take them immediately out of this Liquor, and dry them; then put them into the Pan again, ſtrewing the Sugar between every Layer of Cherries; let it ſtand to melt, and then ſet it on the Fire, and make it ſcalding hot, as before, which muſt be done twice or thrice with the Sugar; then drain them from this Syrrop, and lay them ſingly to dry in the Sun, or in your Stove; when they are dry throw them into a Baſon of cold Water, and take them out again the ſame Moment, and dry them with a Cloth; ſet them once more into the hot Sun, and keep them all the Year in a dry Place: This is not only the beſt way for to give them a good Taſte, but alſo for colour and plumpneſs; I never found any way ſo certain.

To Preſerve Green Apricocks.

TAKE your Apricocks before the Stones are hard, put them into a courſe Cloth, with a large handful of Salt, rub them well

in it; then put them into ſcalding hot Water; ſet them on the Fire, and keep them ſcalding on a gentle Fire, till they are green; then let them boil till they are tender; put to a pound of the Apricocks, a pound of Sugar double-refin'd; boil your Sugar to a thick Syrrop; and when the Apricocks are drain'd and cold, and the Syrrop is cold, you may put them together; what you deſign for Tarts will keep ſome Time with half their weight in ſingle-refin'd Sugar: When you are to boil your Sugar to Syrrop, you may wet it more than when 'tis to Candy.

To make Marmalade *of* Ripe Apricocks.

PARE, ſtone and cut your Apricocks into thin ſlices; then to a pound of Fruit, put a pound of double-refin'd Sugar, and a quarter of a pint of ſtrong Codlin Liquor; boil it as faſt as you can, and when the Fruit is tender, and clear from the ſcum, which you are carefully to take off, then ſet it off the Fire, and break what pieces you think too big; then fill your Glaſſes, and Paper them when cold.

To make a Marmalade *of* Orange-Flowers.

PICK your Orange-flowers Leaf by Leaf, and then boil them tender, in as much Water as will quite cover them; then take twice their weight in double-refin'd Sugar; take a quarter of the Sugar, and beat with the Leaves in a Mortar; wet the reſt of the Sugar, and boil it up almoſt to a Candy heighth; put the Flowers into it, and ſtir it in the Syrrop, 'till 'tis well mix'd; boil it juſt up after 'tis mix'd, and fill your Glaſſes; it may be turn'd out, and ſifted with Sugar, and dry'd in Cakes, or kept in deeper Glaſſes to eat wet: A ſpoonful of this gives a fine Flavour in Almond Cream, or Cream Flummery, or any made Diſh that wants Perfume.

To make Apricock Cakes.

TAKE a pound of your Ripeſt Apricocks, ſcald them, peel them, and take out the Stones; then maſh them to pieces with the back of your Spoon; then take half a pound of double-refin'd Sugar, and a ſpoonful of Water, boil it to a Candy; then put in the pulp of your Apricocks; let it ſtand a quarter of an Hour on the Fire, and boil a little, ſtirring it well, then pour it

into ſhallow flat Glaſſes, that it may eaſily turn out; let it ſtand Two Days in the Glaſſes; then lay them on Glaſs Plates, ſtove them and turn them Daily.

You may do Quince Cakes thus, only allow more Sugar; but if your Apricocks are full Ripe, this, by that Time they are skin'd and ſton'd, is a fit quantity, and will keep them all the Year.

To Preſerve Currants Red *and* White.

PICK out all the little Seeds with a Quill, to half a pound of theſe ſtoned Currants, put a pound of the Currant Liquor, infus'd and paſs'd through a Jelly-bag, and put the weight of both in double-refin'd Sugar; put all together into your Preſerving Pan, boil them all together on a quick Fire, till they look clear, and the Scum has done riſing; then put them into your Glaſſes, and Paper them cloſe.

To Preſerve Grapes.

SKIN and ſtone your Grapes, and to every pound, put a pound of double-refin'd Sugar, beat and ſifted, ſtrew ſome between and over the Grapes, as you put them carefully into your Preſerving Pan, and keep out one quarter of the Sugar, to ſtrew

on

on them in boiling; ſet them on a quick Fire; cover them with a Silver or Earthen Plate; ſtrew on the remaining Sugar as they boil up; when they look clear take them off the Fire; let it ſtand off the Fire, cover'd a little while, then ſcum them clean, and put them into Glaſſes.

To Dry Plumbs.

TAKE half the weight of the Plumbs in Sugar; boil it to a Syrrop, not too thick; ſlit your Plumbs down the Seam, and put them into this Syrrop; ſet them on the Fire, and keep them ſcalding hot, 'till they are tender, and be ſure to let the Syrrop cover them, that they may keep their Colour; let them lye a Day in this Syrrop; then make a thick Syrrop of near the weight in Sugar, boil'd almoſt to a Candy; when 'tis cold, drain your Plumbs out of the Firſt Syrrop, and put them into this; they muſt alſo be cover'd with this Syrrop, and ſet on the Fire to ſcald, till they look clear; ſet them by three Days in this laſt Syrrop; then lay them on Glaſs Plates, and dry them in the Sun, or your Stove, turning them often; if Green they muſt be firſt rub'd in Salt, and ſcalded Green, as Green Apricocks.

An Excellent Way to Preſerve or Candy Orange *or* Lemon-peels.

BOIL the Peels very tender, ſhifting the Water four or five Times in the boiling, more or leſs, as you chuſe the bitteriſh Flavour; then put them in Water two or three Days; but if they are well boil'd, this laſt Watering is beſt let alone; though 'tis the Direction of a very nice Confectioner; but I leave it to the Judgment of the Experienced: Then take half their weight in Sugar; and to each pound of Sugar, put a quart of Water; boil and ſcum it very clean, then put in your Peels; let them lye a Fortnight; heat them once a Day, then take a little more than half their weight in Sugar again; and to each pound of this Sugar, put a pint of Water; boil this Syrrop as before; put in your Peels, and heat them, 'till they look clear, but never let them boil; you may keep them all the Year for Uſe, in this laſt Syrrop, if you ſometimes heat it; 'tis beſt ſo for moſt Uſes, as Apple-Pyes, Cakes, *&c.* but if you want it Candy'd, boil a little double-refin'd Loaf Sugar to a Candy heighth, and throw them in to boil up; lay them out to dry in the Sun, or in your Stove: Thus you may do Orange Chips.

To make a pretty Sort of Lemon-Puffs.

TO a pound of double-refin'd Sugar, finely beat and ſifted, take the Juice of Two Lemons, beat them together in a Bowl; and as you beat them, put in White of Egg, firſt beat to a very high Froth, 'till 'tis White as Snow; when you have beat all together ſome Time, and put in the quantity of Egg you deſign, which muſt be Three at leaſt to every pound of Sugar; then add the Rind of Two fair Lemons, finely grated, beat it 'till all is well mix'd, ſift your Papers with Sugar, and drop on the Puffs in ſmall Drops; you may add any Perfume you like; but they are very good without.

To make Savoy Biſkets.

TAKE Twelve Eggs, and leave out half the Whites, beat them up with a ſmall Whisk; put in Two or Three ſpoonfuls of Roſe or Orange-flower-Water, and as you beat it up ſtrew in a pound of double-refin'd Sugar, that is firſt beat and ſifted very fine; when this Eggs and Sugar is as thick and white as Cream, take a pound and two ounces of the fineſt Flower that is dry'd and mix it in; then lay them

in long Cakes, and bake them in a cool Oven.

To make Paſte *for a* Paſty.

TO half a peck or ſeven pound of Flower, put ſix Eggs, leaving out two Whites; becauſe if the Eggs are large, too many Whites are apt to make it tough; put in one pound of the Butter, with the Eggs and Water into the middle of the Flower, and wet it pretty ſtiff; then roll it out, and work in the remainder of your Butter, by ſticking it on in bits, and ſhaking Flower; ſo roll it, and ſtick on more 'till the whole is taken up: This for all Meat-Paſties is Fat enough; but if you intend it for Tarts, where the Cruſt muſt be very thin, then you muſt allow near a pound of Butter to a pound of Flower and one Egg; roll this up ſeveral Times, according to Art, as before.

Icing *for* Tarts.

TAKE a quarter of a pound of fine Loaf Sugar, beat it very fine, and ſift it; put it into your very clean Mortar, with the white of one Egg, and two ſpoonfuls of Roſe or Orange-flower-Water; ſtir it all one way, 'till your Tarts are baked, and almoſt cold; then ſtrike them all over the top with a ſmall bunch of Feathers dip'd in this Icing, and

ſet

ſet them into your cool Oven again, 'till they are harden'd; take care they do not grow diſcolour'd by ſtanding too long.

To make Orange Tarts.

TAKE Twelve of the faireſt *Sevil* Oranges; pare off the Rinds as thin as 'tis poſſible, that ſome of the Yellow may remain on the Orange; put them into fair Water as you pare them; then cut them in halves, and ſqueeze the Juice into a clean Baſon; ſtill throw your Oranges into clean Water; when all your Juice is out, put to it half a pint of fair Water; cover it and ſet it by till you have boil'd your Oranges tender in ſo many Waters as is requiſite to take off the bitterneſs; when this is done, take out the skin and ſtringy Part that is in the inſide, ſtill throw them into Water; then cut them into ſlices, and dry them in a clean Cloth; ſtrain out the Juice and Water from the Seeds, which will be pretty thick, like Jelly; put four or five ſpoonfuls into every Tart; one Orange will fill a Tart; your Sugar muſt be fine Loaf pow-der'd, and about a pound and a quarter will Seaſon the twelve Tarts; when the Cruſt is bak'd they are enough, and will look very clear; if you like Apple, you may mix the Apple and Orange; and if your Oranges are not very juicy, you may add the

the Juice of a Lemon; theſe are a very proper Tart for Winter.

To make a good Ginger-Bread, *without Butter.*

TAKE two pound of Treacle, Candy'd Orange, Lemon and Citron peel, of each a quarter of a pound, as much Candy'd Ginger, all ſliced thin; one ounce of Carraway-ſeed, and one ounce of Coriander ſeed, with one ounce of beaten Ginger; mix in as much Flower as will make it a ſoft Paſte; lay it in Cakes on Tin Plates, and bake it in a quick Oven, keep it dry, and it will be good ſome Months.

A COLLECTION OF RECEIPTS IN *Physick* and *Surgery*.

PART II.

The true Way of making Barbadoes Water.

YOU muſt pare your Citrons extreamly thin, and dry theſe Yellow Peels in the Sun, if poſſible; then grate the White Part of the Citron, till you come to the Pulp or Juice; take this that is grated, and put it into a cold

cold Still, and diſtil as much of that Simple Water as you can draw off good, with a pretty quick Fire; in the mean Time you are to put one pound of thoſe dry'd Peels into one quart of Brandy, let it be the very beſt you can get; when theſe Peels are ſoak'd enough, put to each quart of that Brandy, one quart of *Madera* Wine; then diſtil that Brandy and Wine and Peels in a cold Still, and put one pint of the Simple Water to a quart of the other ſtrong Water; make a Syrrop of double-refin'd Sugar; put to each pound of Sugar, almoſt three pints of Water, and the Whites of three Eggs; let it boil, and then paſs it through your Jelly-bag, 'till 'tis extreamly fine; put half a pint of this Syrrop to each quart of the mix'd Waters, more or leſs, as you love it for ſweetneſs; and to each quart put a bit of Allum, as big as a Pea; when you ſee it perfectly clear and fine, Rack it off into other Bottles; and put into each Bottle ſome of the Citron Flowers.

I did with great Difficulty procure this Receipt ſo exact, becauſe either Lemons or Oranges do as well, and are very often what we want to diſpoſe of, when we have had Occaſion to uſe large quantities of the Juice; and having try'd it, you may be convinc'd, that of freſh thick rin'd Lemons, you may at any Time make a Liquor as good as they do in *Barbadoes*; eſpecially where the

the Green-Houſe affords you Orange or Lemon Flowers.

An Excellent Poppy Water *for an* Aſthma.

FILL a large Glaſs full of freſh Poppies; pour to it one quart of Hyſſop Water; one pint of Damask Roſe Water; one pint of Penny-royal Water; and two quarts of Compound Briany Water; put in alſo eight ounces of ſtoned Raiſons, four ounces ſliced Figs, two ounces of Sugar-candy, two ounces of Syrrop of Maiden-hair, two ounces of Syrrop of Ground-Ivy, two ounces of ſliced Liquoriſh, Carraway-ſeeds and Anniſeed of each three ounces bruis'd; let theſe ſtand ſix Weeks in the Sun; then ſtrain it off; and when the Breath is very bad, drink four ſpoonfuls: In Extremity you may mix half an ounce of Oximel of Squils with every Doſe.

A Pleaſant Medicine for a Cough.

PUT two large Lemons over a gentle Fire, to coddle as you do an Apple; when they are ſoft, take them out before they burſt (which they will be very apt to do, if your Fire be fierce) cut them and take out the Juice and ſoft Pulp from the Seeds, Strings and Rine; put to this Pulp

four ounces of Sugar-candy finely beat; four ounces of Oil of Sweet Almonds, and two ounces of Syrrop of Poppies; mix all well together, and take a large ſpoonful whenever your Cough is troubleſome.

An eaſy Medicine for a dry Husking Cough.

DRINK near a pint of Spring Water as hot as you can, the laſt Thing you do going to Reſt.

This is Recommended by one whoſe Integrity may be depended on; and though 'tis ſeemingly a triffling Preſciption, it has done very wonderful Cures.

An admirable Medicine for the Piles.

TAKE a handful of the Leaves of Mullein, and boil it in a pint of Milk; ſweeten this with an ounce of Syrrop of Violets, and drink it every Night going to Reſt, for five or ſix Weeks, and it will certainly take away the Cauſe.

An Excellent Remedy for the Stone Cholick.

TAKE three Mornings together six spoonfuls of Milk Water cold Still'd, and as much good White-wine; and before you drink it, slice a spoonful of Ginger very thin; wet it with some of this mixture, swallow it and drink the rest after it; do this for three Mornings; and the three following Mornings, take two spoonfuls of the best Sallad Oil you can get, strew a little Sugar upon it, and swallow it down; drinking after it a draught of warm Ale, sweeten'd with Honey; take these two Medicines interchangeably for nine Mornings together: This has been very often approved with admirable Success in violent Fits.

For a Cholick *attended with painful Vomitings.*

TAKE a large Chicken, and fill it with Manna as full as it will hold; put it into two gallons of Water, with a quarter of an ounce of Mace; let it boil as quick as possible, 'till two or three quarts be wasted, the Manna consumed, and the Fowl boiled to rags; then strain it, and let the Patient drink at least one gallon of it, and as fast

as one Porringer comes up, let him drink another, till it works downwards; when he has drank all, and the Operation is over, let him take the following Julep.

The Composing Draught *for the* Cholick.

TAKE two large spoonfuls of Mint Water, two of Hysterick Water, one of Oil of Sweet Almonds, and one ounce of Syrrop of Diacodium; if 'tis for a Man, add ten Drops of Liquid Laudanum, and twenty Drops of Spirit of Hart's-horn; if for a Woman, only twenty Drops of Tincture of Castor; add also for either two or three Drops of Oil of Juniper; drink this Draught, and under God, you may absolutely depend on Rest and Ease, and a safe Cure; for the Manna does so gently make its Passage, as by Repetition is sure to carry off that sharp Humour that was the Cause of this tumult in the Bowels; and then an Opiate may be safely given, when this Operation is over; but before 'tis Dangerous: I would very earnestly recommend this Method, because 'twas thirty Years the Successful Practice of an Excellent Apothecary, and given me as a very valuable Specifick on this Occasion.

For the Stone.

TAKE Millepedes, and white Amber, of each a like quantity, finely pow-der'd, half as much Nutmeg finely grated; as much Chio Turpentine as will beat; mix them in a warm Mortar, into a mass for Pills; let your Millepedes die in White or Rhenish Wine; a little more Turpentine than all the rest weigh is sufficient; take fasting the quantity of five large Peas, in Tea or any such Thing.

For the Gravel.

TAKE half a pint of Ale, boil it and scum it very clean; then set it off the Fire, 'till you beat up the Yolks of two new laid Eggs, with one spoonful of Honey; mix it with the Ale, when 'tis cool enough to mix without curdling: Drink this Draught nine Mornings.

To stop a violent Bleeding *im-mediately.*

DIP a piece of black Bays, in the sharp-est Vinegar you can get, and lay it to the Groin of the Patient; as it grows warm, dip it again: It gives a sudden check, and is the Practice in the *West Indies*, among the

Blacks, who are ſubject to this Diſtemper, and often loſt by the violence of it: And this does ſeldom fail in Extremity.

For a Looſeneſs *and* Bloody Flux.

TAKE the Yolks of two new laid Eggs, and put them into a Glaſs of ſtrong Cinamon-Water, and drink it all; Brandy, Rum, Roſaſolis, or indeed any ſtrong ſpirituous Liquor will do as well as Cinamon-Water, and does very ſeldom fail: But I think ſuch hot Things, how well ſoever recommended, ſhould never be uſed but in the greateſt Extremity; becauſe chewing of Rhubarb is as certain, and carries off the Cauſe; and of all the ſudden Cures, I prefer *Venice* Treacle.

An Excellent Ale *for the* Scurvy.

TAKE one peck of Garden Scurvy-graſs, of Water-creſſes and Brooklime, each four handfuls, dryed Fumetary, Ground-Ivy, Liver-wort, Tops of Firr and Tamerisk of each two handfuls; Roots of Sharp-pointed-dock ſliced, four ounces; Horſe-radiſh Roots, Saſſaphras and Daucus Seed, each one ounce; two large *Sevil* Oranges ſliced; put all, being gently bruis'd, into a Canvas Bag, and hang it into ſix Gallons of Ale; when it is fine, drink a Draught in a Morning, or at any Time in the Day: This was order'd

order'd by Sergeant *Barnard*, and is an incomparable Ale for that Purpose; but where the Scurvy and Dropsy meet, and the Legs swell, if the Stomach can bear it, the Juices of the Herbs, with *Sevil* Orange-Juice, is a more speedy and effectual Method.

A very good Purging Diet Drink *for the same.*

TAKE new Wort, nine gallons; boil in it one good handful of Firr, with a few Hops; then strain it and work it in the Barrel, as for other Ale, then take Scurvy-grass, Water-cresses, and Brooklime, of each four handfuls; Hart's-tongue, Liver-wort, of each two handfuls; Dock-root and Polipody of the Oak sliced, of each two handfuls; Rhubarb, Gentian, Sassaphras, and Senna, of each two ounces; cut your Herbs very small, and mix them all together; slice in four *Sevil* Oranges, and bruise two ounces of Carraway and Cardimam-seeds; put all into a Bag; let it work together: when it has been stop'd down a Week, 'tis fit to drink.

For a Dropsy.

TAKE the Leave of Ash Trees, as soon as they begin to come out, and double Still them; give nine spoonfuls of this Water, with one spoonful of Mustard-seed, in

the Morning; and at four or five in the Afternoon give a ſpoonful of Muſtard-ſeed in the like quantity of White-wine: This is recommended as never-failing; when the Diſtemper is taken at firſt, reſt from taking it for ten Days, and then begin again.

A moſt incomparable Spring Water, *to Sweeten the Blood, and Eaſe all wandring Pains.*

TAKE the Leaves both of the Garden and Sea Scurvy-graſs, waſh, dry and pick all clean, of each ſix pound; preſs out the Juice of the Sea Scurvy-graſs; put alſo the Juice of Brooklime and Water-creſſes, of each one quart; of the beſt White-wine, one gallon; twelve *Sevil* Oranges; of *Iriſh* and Briony-roots ſliced, one pound; Horſe-radiſh-roots, two pound; Winter Bark ſliced, half a pound; Nutmegs bruis'd, a quarter of a pound; let all theſe ſteep four Days, and then Diſtil them in a Limbeck: Take ſix ſpoonfuls every Morning, and at four in the Afternoon.

An Excellent Purging Elixer.

TAKE an ounce of good Rhubarb; two ounces of Senna; half an ounce of Liquoriſh; Juniper, Anniſeed, and Carraway-ſeed,

way-ſeed, of each half an ounce; Cochineal, Myrrh and Saffron, of each a quarter of an ounce; Raiſons ſtoned, two ounces; bruiſe the Seeds, ſlice the Rhubarb and Liquoriſh, and put all the Ingredients into a quart of good Brandy, and half a pint of Compound Briony Water: I alſo add long Pepper and Cinamon, of each half an ounce; when it has ſtood a Month to Infuſe; ſtrain it out, and add half a pint of the Purging Syrrop of Roſes. Take ſix ſpoonfuls of this, whenever you fear a Fit of the Cholick, or find a Sickneſs and loathing in your Stomach.

A Syrrop *for an old* Cough, *and to cleanſe the* Breaſt.

TAKE Liquoriſh and Maiden-hair, of each two ounces, dryed Hyſſop one ounce, Anniſeeds two Drams; infuſe all one Day and Night, in two quarts of Spring Water; let them boil on a ſoft Fire, till half be conſumed; ſtrain it hard and put to it a pound and half of Clarified Honey, and good White-wine Vinegar, as much as will make it pretty ſharp; then boil it again, till it is a thick Syrrop; keep it for uſe, and if you would add a grateful Taſte, drop in three or four Drops of Oil of Cinamon: This is not only ſafe, but very highly recommended to be taken Firſt and Laſt.

A most Excellent Process *in a* Consumption.

The Conserve.

CONSERVE of Hips, six ounces.

The Milk Water.

TAKE dry'd Mint, one handful; Ground-Ivy, three handfuls; six Nutmegs sliced, one quart of Snails, clean'd and bruis'd; Distil these in a gallon of Milk, and a quart of White-wine.

The Syrrop.

TAKE Balsom of Tolue, half an ounce; boil it in two pints of Barley-Water, 'till half be boil'd away; strain, and add to it as much Sugar as will make it a weak Syrrop.

The Pectoral Pills.

TAKE Pill of Storax, and of Hound's Tongue, each half a dram; mix them and make it into twelve Pills.

The Purging Pills.

TAKE Pill Rufus, two drams; Salt of Tartar, half a scruple; Chymical Oil of Marjoram, three drops; as much Syrrop of Rhubarb as will make it into Pills.

The

The Powder.

TAKE Powder of Crab's Eyes, one ounce; Prepared Pearl, a quarter of an ounce; white Sugar-candy, one ounce; mix theſe all into a fine Powder.

The Directions how to take All.

TAKE as much of the Powder as will lie on a Six-pence, in half a pint of Aſs's or Cow's Milk, and Barley-Water every Morning; take as much as a Cheſnut thrice every Day, and drink after it ſome of the Milk Water, ſweeten'd with the Balſamick Syrrop; take three of the Pectoral Pills going to Reſt; and repeat the Doſe if your Cough diſturbs your Reſt; and once a Week take four of the Purging Pills at Night; make an Iſſue in the Arm; and once in a Month or ſix Weeks take three or four ounces of Blood away.

This is ſo ſafe and valuable a Method, that I ſhall only ſay, that every good Judgment muſt approve it; and it was as highly recommended to me, as on Experience I find it deſerv'd to be.

An

An Excellent and Approv'd Process *for the* Eyes, *if the Rheum be violent, and they have Specks.*

TAKE Hemlock two ounces, pound it in a Wooden Bowl, and add one Thimble full of Bay Salt, and as much Bole Armoniack as will serve to spread it on a thick Cloth; lay it to the Wrist, and renew it every twelve Hours, as long as you have Occasion: If but one Eye is affected, lay it to the contrary Wrist.

Red Rose-Water, one ounce; Tutty and White Sugar, finely Powder'd, of each one ounce; shake them well, and let it settle, and wash your Eye, with a fine Rag, three or four Times a Day.

A most Excellent Salve *for the same Purpose, which will do without the other, when the Rheum is not so violent.*

TAKE of the best Sallad Oil, one pound; Yellow Wax, twelve ounces; put them on the Fire, in a new Pipkin, stirring the Wax 'till it is melted; then add white Lead, half a pound; and let it boil half an Hour; then put in Myrrh, finely Powder'd, Olibanum,

Olibanum, Mastick, of each two ounces; Camphire, one ounce; each of them by themselves in the Order here named, stirring and mixing them well before you put in the other; let all boil softly, 'till it is blackish; you must stir it all the Time it is on the Fire, and also after it is taken off, 'till it be cold enough to make into rolls, working it like Dough: Take great Care in the well mixing, and that it be not over or under boil'd; it is to be apply'd to the Temples, and behind the Ears, for the Eyes, to lye there till it grows moist, and falls off. It will keep a long Time, and is a sweet and clean Plaister; a most admirable Dissolvent, and therefore good for Swellings, as also for Cuts, and Cures almost any Sore that does not need much drawing.

These RECIPES cost a Gentleman Fifteen Hundred Pound, who had them of a Jesuit, who came from *Rome*, to Cure his Daughter's Eyes; and they have been often try'd with great Success: Value these as choice Receipts.

The Sum is so considerable, that I should not have mention'd it, if I had not receiv'd it thus, word for word, from a most generous Contributer, whose veracity and goodness makes it perfectly unquestionable.

To Draw out a Thorn.

TAKE a little black Soap, and chew ſome Nut-kernels to mix with the Soap, and lay it on to the Place grieved; repeat it till the Thorn comes out, and you find eaſe.

For the Canker.

TAKE a quarter of a pound of Honey, the quantity of a Wallnut of Allum beat fine; take Woodbine Leaves, Columbine Leaves, Briar Leaves, and Red Sage, Sorrel and Violet Leaves, of each one handful; two or three Sprigs of Rue; ſtamp all the Leaves; ſtrain the Juice and boil it with the Honey and Allum; ſcum it clean, and waſh the Mouth often with it.

To Draw an Impoſthume *out of the* Ear.

TAKE Camomile, and burn it between two Tiles, and put it in a Cloth; apply it as hot to the Ear as it can be ſuffer'd; repeat it till you find Eaſe.

A Medicine for the Jaundice.

TAKE Two-penny-worth of Saffron, finely Powder'd; twice the weight in Turmerick, finely Powder'd; a Nutmeg grated, as much Powder'd Eggshell as will lie on half a Crown; an ounce and half of Sugar finely powder'd and sifted; mix all these Powders together, and divide them into three Parts; and take one Part in nine spoonfuls of White-wine in the Morning Fasting, Fast two Hours after it: Do this for three Mornings.

Another for the same, that is Recommended as never-failing.

TAKE Cellandine and Yarrow, of each one handful; twenty Earth-worms, scoured in Ashes; pound all together in a Stone Mortar; put to them a pint of Ale or White-wine; stir all together well, then strain it, and let it boil softly, and put to it two spoonfuls of the Powder of Hart's-horn; as much Saffron, fresh dry'd and powder'd, as will lie on half a Crown. The Patient must drink nine spoonfuls of it Morning and Evening, being first warm'd; do this for three Days. This Medicine is not pleasant, nor do I find one that is, except Steel Wine, or Water, which I think is allow'd Infallible.

A very Good Drink *for a* Conſumptive Cough.

TAKE Comfrey, and Marſhmallow-roots, of each three ounces; let them be firſt well dry'd, Scorzanera, and Orange-root Candy'd, of each two ounces; cut all theſe very ſmall; mix them well together, then divide them into ſeveral Parts; that is, an ounce in each Paper; take a quart of Spring Water, and put in one ounce of theſe Ingredients; let it boil gently, then add a pint of Milk, and let all boil gently, 'till it comes to a quart; when 'tis cool, drink half; do this twice a Day for ſome Time.

For a Pluretick Cough, *or Pain in the Side.*

TAKE two ounces of Oil of Turnip-ſeed, new drawn; the Syrrops of Lemons and Maiden-hair each half an ounce; of Syrrop of Violets one ounce; beat all theſe with one ounce of Sugar-candy; take a ſpoonful as often as you can, and be ſure you mix it well when you take it, being apt to ſeparate.

Note, That Oil of Turnips, in any Malignant Caſe, exceeds all other Oils that can be drawn; and can always be had.

In

In a strong Fit of the Asthma.

TAKE Three ounces of Linseed Oil, cold drawn; one ounce of the Syrrop of Balsam of Tolue, shook well together; drink all, or as much of this as you can, Fasting; 'twill cause a little Vomit, and perhaps a Stool; but has often relieved, when Squils and Bleeding has fail'd; though Squils in Extremity is almost a Specifick for that Distemper.

Lozenges *for the* Heart-Burn.

TAKE calcin'd Oyster-Shells, as found on the Sea Coast; let them be so well wash'd by time, as to be as white within and without as Mother of Pearl; dry them well by the Fire, and let them be beat and sifted as fine as 'tis possible; with half a pound of this Powder mix half a pound of Sugar, well beat and sifted; wet this with a spoonful or two of Milk and Water, to make it a very stift Paste; then mould them into Lozenges neatly, and bake them very dry, in an Oven that is not too hot, for fear of discolouring them; they do best when every thing is drawn: this does so effectually sweeten that sour Humour in the Stomach, that causes this Distemper, that it not only prevents it, but helps Digestion,

and ſecures you from all the ill Effects that are the Conſequences of it: And it was recommended on the Experience of a very worthy Gentleman, who had ſuffer'd extreamly, till this Specifick was diſcover'd: And indeed this Medicine may be reaſonably ſuppoſed to work the Cure 'tis preſcribed for; if we will be at the pains to try its immediate Power over the ſharpeſt Vinegar.

A Powder *for the* Worm-Fever *in Children.*

TAKE Crab's Eyes and Corroline, of each two drams; Cream of Tartar, one dram; make all into a very fine Powder, and give as much as will lie on a Sixpence, three Times a Day, in a ſpoonful of Milk Water, and drink two or three ſpoonfuls after it; if this does not keep it from being Coſtive, give ſome times, a Gliſter of Milk and Sugar; and if the Weakneſs continues, Rhubarb ſteep'd in ſmall Beer, drank conſtantly for three Weeks or a Month, will certainly effect a perfect Cure, and ſtrengthen as well as ſweeten the Blood: This Powder muſt be taken at the Full and Change of the Moon.

The Milk-Water, *proper to take with the* Powder.

TAKE Shell Snails bruis'd, one quart; Earth-worms, one pint; Ale-hoof, Betony, Penny-royal, Sage, Mint, Scabious, of each one handful; Comfry Leaves and Roots two handfuls; Foxfern Roots, two handfuls; six Whites of Eggs, a gallon of New Milk, a quart of Canary; bruise the Herbs, slice the Roots, and Distil all in a cold Still; sweeten it with Sugar-candy.

A good Drink *in the* Rickets.

TAKE Currants and Raisons of the Sun stoned, of each one handful; Maiden-hair, Yarrow, and Speedwell, of each one handful; a large handful of Liver-wort, a handful of Dragon's Leaves; nine Leaves of Hart's-tongue; a spoonful of Annisseeds, and an ounce of Liquorish sliced; boil all these in three quarts of small Ale, till half be consumed; then strain it, and put it in little Bottles, and drink a draught of it every Morning, and at four in the Afternoon.

Another for the Rickets.

TAKE of *French* Barley, one ounce; Buds of Fern, two ounces; of the Leaves of Egrimony, Liver-wort, Hart's-tongue, Betony, Maiden-hair, of each of these half a handful; Raisons of the Sun ston'd, one handful; eight Figs, Liquorish sliced, half an ounce; Annisseeds bruised, one ounce; boil these in three pints of Spring Water, till a third be wasted; strain it, and mix with it an ounce and half of Sugar-candy, and ten drops of Spirit of Sulpher: This Medicine seldom fails, if you give four spoonfuls twice a Day.

An admirable Method for Convulsion Fits.

TAKE Onions and black Pepper, of each a like quantity, stamp both pretty small, and lay it to the Soles of the Feet, keep it on seven Hours; while the Party is in the Fit, force them not to take any thing, but anoint the Wrists, the Palms of the Hands, and the Temples with Methridate if 'tis a Child, and Spirit of Amber if a Man or Woman; between the Fits give Black Cherry-Water, sweeten'd with Syrrop of Male-Piony, and Syrrop of Clove July-flowers; and for a Week after the Fit, give

give this constantly twice a Day; let it wear a Necklace of Male Piony-root about the Neck.

Another for Convulsions.

GIVE the Child five or six drops of King's Drops, or Spirit of Hart's-horn, in two spoonfuls of Black Cherry-Water, sweeten'd with Syrrop of Male-Piony; repeat this whenever you see it coming, and twice in a Day, before and after every Change of the Moon; Purge the Child once in ten Days, or a Fortnight, with a spoonful or two of Syrrop of Rhubarb, or with Manna; after this Method, take an ounce of Manna, dissolve it in four ounces of Barley-Water; strain it, and give the Child two spoonfuls at a Time, every third Hour, till it begin to work; then desist, and give thin Chicken Broath, or Water-gruel, in the working; the Child may Purge thus before the Drops are given; if the Child start or grow pale, that you apprehend a Fit, lay a Blister behind and below the Ear, and give it a Glister of Milk and Sugar, with a very few Camomile Leaves and Anniseeds, and put as big as a small Nutmeg of Diascordium into the Glister; then strain and give it: When you Purge with the Manna, add to it one ounce of Oil of sweet Almonds, newly drawn, which be sure to mix well

with the Barley-Water and Manna, that it may work off ſmoothly, and take off all Gripings.

An admirable Powder *for any* Sore Mouth, Thruſh, *or* Canker.

TAKE of Red Sage, Red Fennel, Plantain, Woodbine and Rue, of each one handful, and of Allum four ounces; ſhred the Herbs, and beat the Allum, then heat all in a clean Shovel; keep them continually ſtirring; and when they are very well mix'd, and ſeem quite dry from all Juice, ſpread them to cool, and when they are cold, beat them to a very fine Powder, which you muſt ſift; you may uſe it dry, or mix it with Honey: 'Tis Recommended as Infallible to Cure any ſort of Sore Mouth.

A moſt Incomparable Salve *to break any* Swelling, *and heal it; and good for a* Burn.

TAKE a quarter of a pint of Sallad Oil, or for want of it, as much unſalted Butter; five ounces of the beſt Turpentine, ſix ounces of Honey, three ounces of Bees-wax, two ounces of Roſin; put the Turpentine, Roſin and Bees-wax, and Honey,

Honey, into a new Pipkin, and let them simmer together, 'till all be melted; then put in your Oil, and let all boil together a little while softly; then put it into Pots for Use.

This was sent as a very choice necessary Salve, for all Families, and almost for all Uses: And indeed I have seen almost a miraculous Cure, on a very bad Breast, by this alone; and therefore am obliged to do it this Justice.

For Sore Nipples *or* Kibe Heels.

TAKE a pint of best Sallad Oil, half a pound of Red Lead, one ounce of Red Sealing-wax, and an ounce of Rosin, six ounces of Bees wax; put all these together, and let them boil to a Salve; as soon as ever it turns black 'tis enough; then put it out presently, or 'twill be too hard: When you use it you must melt it, and anoint the Place griev'd with your Finger, spread it on a Cloth, and keep a Plaister on it: This may be very good; but I think nothing so effectually Cures Kibe Heels, as doing them with Camphoriz'd Spirits, before they break.

To Camphorize Spirit *of* Wine.

PUT four ounces of Camphire into a quart of highly Rectified Spirit of Wine; set it in the Sun, and always keep it close stop'd; as soon as 'tis dissolv'd 'tis fit for almost all Uses, as Kibes, Chilblanes, for Head Aches, many sort of Sores, that want drying; therefore is sometimes dissolv'd in good Hungary-water: It ought always to be in a Family.

A good Salve *for* Sore Lips *or* Nipples.

TAKE two ounces of Bees-wax, as much good Sallad Oil; set it over the Fire, colour it with Alcany-roots; when 'tis boil'd, and of a fine Red, strain it and drop in Six-penny-worth of Balsam of Peru; then pour it into the bottom of Tea Cups, that it may come out in little Cakes.

Another for the same.

TAKE four ounces of fresh Beef-Marrow, or unsalted Butter, three ounces of Virgin's-Wax, Alcany-roots half an ounce, as much Storax, and as much Gumben, one sliced Pippin, half an ounce of Loaf Sugar, six spoonfuls of Claret, and four of Sack;

Sack; let all boil 'till 'tis of a good Colour; then pour it into Cups to cool; and when you take them out dry the bottoms of the Cakes from the Liquid Part.

A pretty Medicine *for* Sore Nipples.

INFUSE Quince-ſeeds in White Roſe-Water, 'till 'tis a Jelly; ſtrain it through a Muſlin, and waſh the Sore Part often with it.

An Ointment *for the* Piles, *when Swell'd and Painful.*

INFUSE Elder-flowers in Linſeed Oil; let them ſtand in the Sun a Month, then ſtrain it, and take two ſpoonfuls of this Oil, an ounce of Bees-wax, half an ounce of Turpentine, the Yolk of an Egg; beat all together in a Mortar; ſpread it on a Cloth, and apply it to the Piles.

Another for the ſame.

TAKE an ounce of Virgin's-wax, two ounces of Linſeed-Oil, half an ounce of Camphire, and as much Sperma-ceta, and one dram of Oil of Amber; melt theſe together, and ſpread it on Plaiſters; when you are in Pain, both theſe are very good; but the moſt effectual way to prevent coming

coming to Extremity, is, to keep the Body always open with Lenitive Electuary and Flower of Brimstone, Syrrop of Roses, or any gentle cooling Medicines; among which number, stew'd Pruans, though out of Fashion, must not be despis'd.

For an Apoplectick Pain *in the* Head.

BEAT Ground-Ivy, and strain out the Juice; put to this a spoonful of Powder of Marum, but not enough to thicken the Juice; then take a Leaf of Tobacco, and wet it very wet in this Juice, roll it up in Pellets, and put it up your Nostrils, as fast it hardens put up a fresh one; 'twill give present Relief, and is much better than either liquid or dry Snuff.

An Incomparable Medicine *for the* Scurvy *in the* Teeth.

TAKE a quart of good White-wine Vinegar, heat a piece of Steel red hot, and quench it eight or ten Times in the Vinegar, as fast as you can heat it; then add to this Liquor an ounce of Powder'd Myrrh, and half an ounce of Mastick Powder'd; wash your Teeth twice or thrice a Day.

A certain and immediate Cure *for a* Bruise.

MAKE a Poultis of Bran and Urine, apply it as hot as you can bear it; if 'tis very bad, repeat it as it cools, and do it as soon as you can, to prevent its swelling, which the Air is apt to occasion.

To Cure Deafness *and* Noise *in the* Head.

PUT your own Urine into a Pewter Dish, and cover it with another; then put some Coles under, and when 'tis hot brush off the clear Water that hangs on the upper Dish, with a Feather, and drop it into the Ear: This has done great Cures.

A Mouth Water *to Cure a* Canker.

TAKE of Juice of Sage and Honey-Suckle, of each six spoonfuls; of White-wine Vinegar, two spoonfuls; Roch Allum, one ounce; take double the weight of the whole in Honey, boil it to a thick Syrrop; scum it very clean, and when 'tis cold put it up for your Use: This, with Syrrop of Mulberries, is good for any Sore Mouth.

A good Sear-Cloth.

TAKE a pint and half of Sallad Oil, half a pound of Red Lead, a quarter of a pound of White Lead, a quarter of a pound of Caſtle Soap, two ounces of Bees-wax, two ounces of Oil of Bays, two ounces of Barrows-greaſe; boil the Leads in the Oils, till they look brown; then put in the reſt, keeping it ſtirring 'till it works; then make it into Rolls, firſt Oiling your Hands: This ſhould boil five Hours.

A moſt Admirable Balſam, *for outward or inward* Sores, Fiſtula's, Ulcers, *&c.*

TAKE an equal quantity of Linſeed and Sallad Oil, to three pints of this put one pound of Chio Turpentine, well waſh'd in Red Roſe-Water, half a pound of Red Sanders, half an ounce of Maſtick, half an ounce of Cochineal, half a pound of good Yellow Bees-wax, one pint of Spirit of Sack; theſe muſt ſimmer over a ſlow Fire, 'till all are incorporated; then keep it cloſe ſtop'd for your Uſe: Half this quantity will laſt many Years.

I could not, in Gratitude to the generous Communicator, and Juſtice to the World, omit

omit inſerting this; becauſe it promiſes Miracles in all inward Ulcers, as it does outward, if anointed; but as to my own particular, I believe no Balſam that was ever made, exceeds that called the *Fryar's Balſam*, in the Firſt Part of this Book; you may take the bigneſs of a Nutmeg of this, always Faſting an Hour before and after.

A Draught *of the* Salts *in a* Fever.

TAKE Black Cherry-water, two ounces; Compound Piony-Water, one ounce; Salt of Hart's-horn, one ſcruple; Salt of Wormwood, half a dram; Salt of Amber, three grains; Spirit of Sulpher, fifteen drops; take this Draught every ſix Hours, till you have taken eight or ten Draughts: This has done very great Cures, without the Bark, where the Fever is occaſion'd by a great Cold; it ſweetens and cools the Blood, and revives the Spirits and Head to admiration.

A very pleaſant Poſſet *in a* Fever.

PUT two ounces of Preſerv'd Barberries into one quart of Milk; let it boil and ſtrain it, drink when you are Thirſty.

A Milk Water, *for a* Hooping Cough.

TAKE of Ground Ivy, Roſemary and Hyſſop, of each one handful; diſtil them in a quart of new Milk, and let it drop on a quarter of a pound of Sugar-candy: Take a ſpoonful Night and Morning, and as often as you pleaſe.

An Excellent Remedy for a Sore Throat, *which taken in Time will prevent a* Quinſey.

TAKE five ſpoonfuls of Syrrop of Elder-berries, and mix with one ſpoonful of Honey, and as much Salt Prunel (in Powder) as will lye on a Shilling: Take a Tea-ſpoonful of this as often as you can.

For Convulſion Fits.

GET a Dozen of Live Moles, when with young; ſtick them with a Knife in the Throat, 'till they are dead; then open them, and take out all the Intrails; put them in a Earthen Pan, and by degrees dry them in an Oven, 'till they are fit to Powder; then Powder and ſift them thro' a fine Sieve; give the Child as much as will

will lie on a half Crown in Black Cherry-Water, once in three Hours, for three Times; then every Night going to Rest, for three Times. If you fear a return, give it three Nights before the Full and New of the Moon.

I dare say this is an approv'd Receipt, because I had it from a very choice Hand; but I should fear 'twould be impossible to make a young Child take so much of so loathsome a Thing as this Powder must needs be.

Another for the same.

TAKE half a pound of the Roots of single Piony, slice them thin, four ounces of Gentian-Root sliced thin, a peck of Juniper Berries bruis'd, Commin-seeds, Coriander-seeds, Carraway-seed, Pine-seed, Grommile-seed, of each two ounces bruis'd, Sage, Pimpernel Roots, Rue, Rosemary, Balm, of each two handfuls, a good quantity of Clove July-flowers, Lilly of the Valley, Sage-flowers, if they can be got, Rosemary-flowers you may always keep dry, add a handful of each of these; Cloves, Ginger, Nutmegs, Gallingall, Cardimums, Cubebs, of each two drams, bruise them; then take a handful of dry'd Betony-flowers, half a handful of Egremony, chop all these Herbs, and put them into steep in three gallons of Ale, not too New; let it lie one Night

Night or better in ſteep; then Still it, and draw it down pretty low, ſo mingle ſmall and ſtrong together; if it be too ſtrong for a little Child, put to a ſpoonful of this Water one ſpoonful of Black Cherry-Water.

A Salve *for a* Rupture.

MELT a pound of Deer-ſuet, and put to it a handful of Soloman-ſeal, as much Comfrey-roots, and as much Mouſe-ear, ſtamp all the Herbs and Roots; ſtrain and boil them with the Suet; when 'tis well mix'd and conſumed to half of the quantity, then add four ounces of Adders-ſpear, and an ounce of fine Bole Armoniac, well pow-der'd and ſifted; mix all and keep it for Uſe: When you lay it on the Part, bind it hard. For a Rupture in the Throat, lie always in a Neckcloth tyed hard.

An Excellent Way to make the Purging Syrrop *of* Roſes.

TAKE Damask Roſes before they are full blown, cut off the white, then pour upon them two quarts of Succory-Water boiling; let this infuſe in the Embers an Hour; then ſtrain it very dry, and pour that Liquor upon as many more Roſes, ſo cut, as it will cover; let this infuſe as be-fore, then ſtrain it, and to every pint of this

this Liquor, put near two pound of Sugar; 'tis the beſt Purging Syrrop, for almoſt all Uſes, that is made.

A very good Electuary *for an* Aſthma.

TAKE four Cloves of Garlick, roaſt them till they are ſoft; then bruiſe out the Pulp, and put it into ſix ſpoonfuls of Honey, two ſpoonfuls of the Powder of Elicampane; of Liquoriſh, Anniſeeds and Coriander-ſeeds, all finely powder'd and ſifted, one ſpoonful and a half; mix all well together, and take the bigneſs of a Nutmeg Morning and Night.

Amoſt Incomparable Steel Electuary.

TAKE two ounces of Conſerve of Brook-lime, Conſerve of Water-creſſes, and Scurvy-graſs, each two ounces; the Yellow Rind of a *Sevil* Orange grated, two large Nutmegs grated, and an ounce of Prepared Steel; mix all up with Syrrop of Poppies, and take the bigneſs of a Wall-nut in the Morning, and at five in the Afternoon.

A bitter Tincture *for a* Pain *in the* Stomach.

TAKE a handful of Roman Wormwood, as much Ground-Ivy, two drams of Gentian, one dram of Gallingall root, four ounces of the thin Yellow Rind of Oranges, one dram of Cardimums the leſs, Saffron one dram, Cochineal one dram; infuſe all theſe in one quart of Brandy, ſet them in the Sun, or in warm Embers, 'till 'tis well tinctured; ſtrain it and take one ſpoonful in a Glaſs of any Wine: 'Tis an Incomparable Bitter.

A Medicine *for any one that has been bit by a Mad Dog.*

TAKE a handful of the Herb call'd Ladies Bed-ſtraw, bruiſe it in a Mortar; then roll up the Leaf and Juice, with a lump of Butter, and make the Party ſwallow it. 'Tis ſent me as an immediate Cure for Man or Beaſt.

A very good Way to prevent the Nail *growing into the* Toe.

IF the Nail of your Toe be hard, and apt to grow round, and into the corners of your Toe; take a piece of broken Glaſs and ſcrape

ſcrape the Top very thin, do this whenever you cut your Nails, and by conſtant uſe, it makes the corners fly up, and grow flat; ſo that 'tis impoſſible they ſhould give you any Pain.

To make the Hair *grow Thick.*

TAKE Roſemary, Maiden-hair, Southernwood, Mirtle-Berries, Hazel-Bark, of each two ounces; burn theſe to Aſhes on a clean Hearth, or in an Oven; put this Aſhes in White-wine, to make a ſtrong Lye, and waſh the Hair Daily at the root; keep it cut pretty ſhort: It kills the Worm which is at the root, and is more effectual than Bear's Greaſe, or any ſort of Pomatum, which rather feeds than deſtroys that Enemy to the Hair.

A Salve *for a* Burn *or* Scald, *which will effectually take out the* Fire.

TAKE a pint of Sallad Oil, half a pound of White Lead, and a quarter of a pound of Virgin's Wax; boil all together ſoftly till it looks of a dark brown Colour, then roll it into Rolls.

An Excellent way to make the Salve Gratia Dei, *which is to be made about Midsummer.*

TAKE Vervane, Betony, and Pimpernel, of each one handful; stamp them and boil them in three quarts of White-wine, till half be consumed; then strain it through a Linen Cloth, and set it over the Fire again; put to it one pound of the best Rosin, well beaten, four ounces of Virgin's-wax, or Yellow Wax, dissolv'd in Woman's Milk, and one ounce of Mastick well powder'd; boil all in the Wine, till it be melted, stirring it well and fast; then take it from the Fire, and put to it a pound of Turpentine, stirring it 'till it be cold; then the Salve will rise above the rest, which you must take out, and labour with your Hands, as Shoe-makers do their Wax, and you may make it in Rolls, or keep it all together in a Pan. This was omitted in the First Part; but is sent me again from the same Charitable Family, on whose repeated Experience, I dare set down some of the many Vertues. 'Tis good for all Sorts of Wounds, new and old, it cleanses and heals; eateth off Dead Flesh, and generateth New; it mollifies Boils, draws out Thorns, breaks Imposthumes; is good in the Canker and a Fistula,

Bruises

Bruises on the Sinews, St. *Anthony*'s Fire, and it asswageth Swellings.

An Ointment *for St.* Anthony's *Fire.*

GATHER Elder-flowers in the Spring, and fill a Bottle as full as it can hold; then wet them with Linseed Oil, and set them in the Sun, press out this very hard, and put to four ounces of this, half a dram of Saffron, an ounce of soft Soap, and boil it to an Ointment; just before you take it off the Fire, stir in an ounce of Ceruse; when you use it make it warm, and anoint the Place; dip soft Paper in the Ointment, and cover it when you dress it, which must be twice a Day, wash it with Spirit of Wine, in which a little *Venice* Treacle has been mix'd.

To make Extract of Amber.

TAKE two drams of good Ambergrease, as much Sugar-candy, twelve grains of Musk, and six grains of Civet; beat all small together, and put this mixture into a Bottle, that has a glass Stopper; pour upon these Ingredients four ounces of highly Rectified Spirit of Wine; set it in warm Embers for twenty four Hours, while 'tis warm, separate the clear from the dross: This Extract is much

better for all ſorts of Uſe than Amber-greaſe; five or ſix drops in any Thing, gives a moſt noble Perfume; half this quantity will laſt a great many Years; but 'tis proper in all Families diſtant from *London*, becauſe often preſcrib'd in Cordials.

To make a Sweet Water.

TAKE half a Buſhel of Damask Roſes, not over-blown, pick them into a broad Pan, and put in two good handfuls of Lavender-tops, when it has juſt ſhot the Ear; put in alſo four ounces of Cloves, and ſtir all together, putting in three pints of Roſe-Water, and cover them with a Pewter Diſh and a Napkin cloſe; let them ſtand a Day and a Night, ſtir them twice or thrice in the Day, and then ſtill them in a cold Still; put into the Bottle four grains of Musk, and a Pebble Stone tyed in a Rag.

The End of the Second Part.

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FINIS.

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